


Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED		Lane Swim 6 - 8 a.m.		Lane Swim 6 - 8 a.m.	CLOSED	CLOSED
		Aqua Fitness 8 - 9 a.m.		Aqua Fitness 8 - 9 a.m.		
	Lanes Swim/ Family Swim Shared 9 a.m. - 12 p.m.	Lane Swim/ Family Swim Shared 9 a.m. - 12 p.m.				
	Lane Swim 12 - 2 p.m.	Deep Water Workout 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Schedule Subject to Change. 	
		Lane Swim 12 - 2 p.m.				
	Lane Swim / Public Swim Shared 2 - 4 p.m.	Lane Swim/ Public Swim Shared 2 - 4 p.m.	Lane Swim / Public Swim Shared 2 - 4 p.m.	Public Swim 2 - 4 p.m.		
	Reserved For Booking 4 - 6 p.m.	Reserved For Booking 4 - 6 p.m.	Tethered Deep Water Workout (Registered) 4 - 5 p.m.	Reserved For Booking 4 - 7 p.m.		
		Self Led Dive Tank 4 - 6 p.m.	Reserved For Booking 4 - 7 p.m.			
	Reserved For Swim Lessons 6 - 8 p.m.	Reserved For Swim Lessons 6 - 8 p.m.	Reserved For Swim Lessons 6 - 8 p.m.	Deep Water Workout 6 - 7 p.m.		
				Lane Swim 7- 8 p.m.		
				Self Led Dive Tank 7 - 8 p.m.		