

ELEVATE FITNESS SUMMER POOL SCHEDULE Jun-Aug (no lessons/team in Aug)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
4:00 AM	Gym Closed	Lap Swim 4:00-7:15 am	Lap Swim 4:00-7:15 am	Lap Swim 4:00-7:15 am	Lap Swim 4:00-7:15 am	Lap Swim 4:00-7:15 am	Gym Closed					
5:00 AM												
6:00 AM												
7:00 AM												
7:30 AM		H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics						
8:00 AM	Lap Swim 9:00 am-Noon	Lap Combo 8:30-10:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Combo 8:30-10:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim 7:00 am-Noon					
8:30 AM												
9:00 AM		M/W Swim Lesson Group	M/W Swim Lesson Group									
9:30 AM		No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics						
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM	Open Swim Noon- 3 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 5:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 5:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 5:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 5:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 7:00 pm	FREE FAMILY SWIM DAY for MEMBERS Noon-5:00 pm					
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM	Lap Swim 3 - 4:45 pm											
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM	Gym Closed	H2O Aerobics	T/Th Swim Lesson Group		T/Th Swim Lesson Group		Lap Swim 5:00-7:30 pm					
5:30 PM		M/W Swim Lesson Group	Elevate Swim Team	M/W Swim Lesson Group	Elevate Swim Team							
6:00 PM		Open Swim 7:30-9:00 pm	Open Swim 7:30-9:00 pm	Open Swim 7:30-9:00 pm	Open Swim 7:30-9:00 pm	Open Swim 7:00-9:30 pm						
6:30 PM												
7:00 PM							Gym Closed					
7:30 PM												
8:00 PM												
8:30 PM												
9:00 PM		Lap Swim 9:00-10:45 pm	Lap Swim 9:00-10:45 pm	Lap Swim 9:00-10:45 pm	Lap Swim 9:00-10:45 pm	Lap Swim 9:30-10:45						
10:00 PM												
10:30 PM												