

FALL/WINTER POOL SCHEDULE (Oct 1- Apr 30)

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