

ELEVATE FITNESS FALL - SPRING POOL SCHEDULE (Sep 1- May 31)

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		H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics	H2O Aerobics							
7:30 AM													
8:00 AM													
8:30 AM	Lap Swim 9:00 am-Noon	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 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						
9:00 AM													
9:30 AM													
10:00 AM		No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics							
10:30 AM													
11:00 AM													
11:30 AM	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- 6:30 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						
12:00 PM													
12:30 PM													
1:00 PM													
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM								Lap Swim 3 - 4:45 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													
6:00 PM													
6:30 PM		M/W Swim Lesson Group	Elevate Swim Team	M/W Swim Lesson Group	Elevate Swim Team								
7:00 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								
7:30 PM													
8:00 PM													
8:30 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		Open Swim 7:00-10:45 pm	Gym Closed				
9:00 PM													
10:00 PM													
10:30 PM													