

## Aquatics Center Schedule 9/9/24-9/15/24

|         | Monday  | Tuesday  | Wednesday                        | Thursday   | Friday                                     | Saturday                       | Sunday                      |                            |
|---------|---|--|----------------------------------|--|--|--------------------------------|-----------------------------|----------------------------|
| 6:00am  | Lap Swim*<br>6am - 7:55am                         | Lap Swim*<br>6am - 7:55am                          | Lap Swim*<br>6am - 7:55am        | Lap Swim*<br>6am - 7:55am                        | Lap Swim*<br>6am - 8:55am                  | Lap Swim*<br>7am -9am          |                             |                            |
| 6:30am  |   |  |                                  |  |  |                                |                             |                            |
| 7:00am  |   |  |                                  |  |  |                                |                             |                            |
| 7:30am  |   |  |                                  |  |  |                                |                             |                            |
| 8:00am  | Deep Water Ex<br>8am - 8:50am                     | Deep Water Ex<br>8am - 8:50am                      | Deep Water Ex<br>8am - 8:50am    | Deep Water Ex<br>8am - 8:50am                    | Shallow Water Ex<br>9am - 9:50am           | Water Exercise<br>9am - 9:50am |                             |                            |
| 8:30am  |   |  |                                  |  |  |                                |                             |                            |
| 9:00am  |   |  |                                  |  |  |                                |                             |                            |
| 9:30am  | Shallow Water Ex<br>9am - 9:50am                  | Shallow Water Ex<br>9am - 9:50am                   | Shallow Water Ex<br>9am - 9:50am | Shallow Water Ex<br>9am - 9:50am                 |  |                                |                             |                            |
| 10:00am | Lap Swim*<br>10am - 11:30am<br>(Clinic 8-11:30am) | Lap Swim*<br>10am - 12pm                           | Closed<br>10am-12pm              | Lap Swim*<br>10am - 11am                         | Lap Swim*<br>10am - 1pm (Clinic 8-11:30am) | Lessons<br>9am - 12pm          | 2 Lane<br>Lap Swim<br>10-12 | Family Swim**<br>8am - 3pm |
| 10:30am |   |  |                                  |  |  |                                |                             |                            |
| 11:00am | Closed<br>11:30am-1pm                             | Closed<br>12pm-1:30pm                              | MS Class (Basin)<br>12pm - 1pm   | Closed<br>11am-1:30pm                            | Arthritis Class 1pm-1:50pm                 |                                |                             |                            |
| 11:30am |   |  |                                  |  |  |                                |                             |                            |
| 12:00pm |   |  |                                  |  |  |                                |                             |                            |
| 12:30pm |   |  |                                  |  |  |                                |                             |                            |
| 1:00pm  | Arthritis Class 1pm-1:50pm                        | Lap Swim*<br>1:30pm- 4:55pm<br>(Clinic 1:30pm-4pm) | Lap Swim*<br>2-4:55pm            | Lap Swim*<br>1:30pm - 7pm<br>(Clinic 1:30pm-4pm) | Arthritis Class 1pm-1:50pm                 | Lap Swim*<br>12:10pm - 5pm     |                             |                            |
| 1:30pm  |   |  |                                  |  |  |                                |                             |                            |
| 2:00pm  |   |  |                                  |  |  |                                |                             |                            |
| 2:30pm  | Closed 2pm-4pm                                    |  |                                  |  |  |                                |                             |                            |
| 3:00pm  |   |  |                                  |  |  |                                |                             |                            |
| 3:30pm  |   |  |                                  |  |  |                                |                             |                            |
| 4:00pm  | Lap Swim*<br>4pm -7pm                             | Swim Lessons<br>5-7pm                              | 2 Lane<br>Lap Swim<br>5-7pm      | Swim Lessons<br>5-7pm                            | 2 Lane<br>Lap Swim<br>5-7pm                |                                |                             |                            |
| 4:30pm  |   |  |                                  |  |  |                                |                             |                            |
| 5:00pm  |   |  |                                  |  |  |                                |                             |                            |
| 5:30pm  | MS Class (Basin)<br>5:30pm - 6:30pm               |  |                                  |  |  |                                |                             |                            |
| 6:00pm  | Lap Swim  |  |                                  |  |  |                                |                             |                            |
| 6:30pm  |   |  |                                  |  |  |                                |                             |                            |
| 7:00pm  | Family Swim**<br>7pm - 8pm                        | Family Swim**<br>7pm - 8pm                         | Family Swim**<br>7pm - 8pm       | Family Swim**<br>7pm - 8pm                       | Family Swim**<br>6pm - 8pm                 |                                |                             |                            |
| 7:30pm  |   |  |                                  |  |  |                                |                             |                            |
| 8:00pm  |   |  |                                  |  |  |                                |                             |                            |

The target pool temperature is between **82° and 86°**. | Private Swim Lessons may be utilizing pool at any time.

Hot Tub and Sauna are open ONLY when Aquatics Center is Open.

\*Lap Swim - All lanes dedicated to lap swimming/jogging. Basin available unless noted.

\*\*Family Swim - 3 lanes dedicated to lap swimming/jogging. 1 lane and basin available unless noted.

**SUBJECT TO CHANGE AT ANY TIME. The lifeguards have full authority and their word is FINAL.**