



# Aquatics & Fitness Center

## PROGRAM SCHEDULE -EFFECTIVE 1-9-23

### THERAPY POOL

| MONDAY                                     | TUESDAY                           | WEDNESDAY  | THURSDAY                         | FRIDAY                            | SATURDAY                 |
|--|-----------------------------------|--|----------------------------------|-----------------------------------|--------------------------|
| OPEN<br>6:00AM -12:00PM                    | OPEN<br>6:00AM - 9:30AM           | OPEN<br>6:00AM - 12:00PM                                 | OPEN<br>6:00AM - 12:00PM         | OPEN<br>6:00AM - 9 :00AM          | OPEN<br>7:00AM - 12:00PM |
|  | POOL CLOSED<br>9:30-10:30AM CLASS | POOL CLOSED<br>9:30-10:30AM CLASS                        |                                  | POOL CLOSED<br>9:00-10:00AM CLASS |                          |
|  | OPEN<br>10:30AM - 12:00PM         | POOL CLOSED<br>10:30-11:30AM CLASS<br>11:30-12:00PM OPEN |                                  | OPEN<br>10:00AM - 12:00PM         |                          |
| POOL CLOSED 12:00PM - 12:30PM FOR CLEANING |                                   |  |                                  |                                   |                          |
| OPEN<br>12:30PM - 7:00PM                   | OPEN<br>12:30PM - 7:00PM          | OPEN<br>12:30PM - 7:00PM                                 | OPEN<br>12:30PM - 3:00PM         | OPEN<br>12:30PM - 7:00PM          |                          |
|  |                                   |  | POOL CLOSED<br>3:00-4:00PM CLASS |                                   |                          |
|  |                                   |  | OPEN<br>4:00PM - 7:00PM          |                                   |                          |

### FITNESS POOL

| MONDAY                                     | TUESDAY                       | WEDNESDAY                                  | THURSDAY                                  | FRIDAY                                     | SATURDAY                 |
|--|-------------------------------|--|---|--|--------------------------|
| OPEN SWIM<br>6:00AM - 12:00PM              | OPEN SWIM<br>6:00AM - 12:00PM | OPEN SWIM<br>6:00AM - 12:00PM              | OPEN SWIM<br>6:00AM - 12:00PM             | OPEN SWIM<br>6:00AM - 12:00PM              | OPEN<br>7:00AM - 12:00PM |
| 7:00 - 8:00AM CLASS<br>2-3 LANES AVAILABLE |                               | 7:00 - 8:00AM CLASS<br>2-3 LANES AVAILABLE |   | 7:00 - 8:00AM CLASS<br>2-3 LANES AVAILABLE |                          |
|  |                               |  | 9:30-10:30AM CLASS<br>2-3 LANES AVAILABLE |  |                          |
| POOL CLOSED 12:00PM - 12:30PM FOR CLEANING |                               |  |   |  |                          |
| OPEN<br>12:30PM - 7:00PM                   | OPEN<br>12:30PM - 6:00PM      | OPEN<br>12:30PM - 7:00PM                   | OPEN<br>12:30PM - 7:00PM                  | OPEN<br>12:30PM - 7:00PM                   |                          |
|  |                               | 3:00-4:00PM CLASS<br>2-3 LANES AVAILABLE   |   |  |                          |
|  | CLOSED<br>6:00-7:00PM         |  |   |  |                          |

### FITNESS CENTER

| MONDAY                       | TUESDAY                     | WEDNESDAY                    | THURSDAY                    | FRIDAY                       | SATURDAY                 |
|------------------------------|-----------------------------|------------------------------|-----------------------------|------------------------------|--------------------------|
| OPEN<br>6:00AM -11:00AM      | OPEN<br>6:00AM - 12:00PM    | OPEN<br>6:00AM -11:00AM      | OPEN<br>6:00AM - 12:00PM    | OPEN<br>6:00AM -11:00AM      | OPEN<br>7:00AM - 12:00PM |
| *CLOSED<br>11:00AM - 12:15PM |                             | *CLOSED<br>11:00AM - 12:15PM |                             | *CLOSED<br>11:00AM - 12:15PM |                          |
| OPEN<br>12:15PM - 1:45PM     | *CLOSED<br>12:15PM - 1:30PM | OPEN<br>12:15PM - 1:45PM     | *CLOSED<br>12:15PM - 1:30PM | OPEN<br>12:15PM - 1:45PM     |                          |
| *CLOSED<br>1:45PM - 3:00PM   | OPEN<br>1:30PM - 7:00PM     | *CLOSED<br>1:45PM - 3:00PM   | OPEN<br>1:30PM - 7:00PM     | *CLOSED<br>1:45PM - 3:00PM   |                          |
| OPEN<br>3:00PM - 7:00PM      |                             | OPEN<br>3:00PM - 7:00PM      |                             | OPEN<br>3:00PM - 7:00PM      |                          |

\*STRENGTH TRAINING ROOM (small gym) OPEN