



# Aquatics & Fitness Center

## PROGRAM SCHEDULE -EFFECTIVE 5-8-23

### THERAPY POOL

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

### FITNESS POOL

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

### FITNESS CENTER

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

\*STRENGTH TRAINING ROOM (small gym) OPEN