



# Aquatics & Fitness Center

## PROGRAM SCHEDULE -EFFECTIVE 9-4-23

### 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		OPEN 10:00AM - 12:00PM	
	POOL CLOSED 12:00PM - 12:30PM				
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 7:00 - 8:00AM CLASS 2-3 LANES AVAILABLE	OPEN SWIM 6:00AM - 12:00PM	OPEN SWIM 6:00AM - 12:00PM 7:00 - 8:00AM CLASS 2-3 LANES AVAILABLE	OPEN SWIM 6:00AM - 12:00PM 9:30-10:30AM CLASS 2-3 LANES AVAILABLE	OPEN SWIM 6:00AM - 12:00PM 7:00 - 8:00AM CLASS 2-3 LANES AVAILABLE	OPEN 7:00AM - 8:00AM 8:00AM - 12:00PM SWIM LESSONS IN PROGRESS 3 LANES AVAILABLE			
						POOL CLOSED 12:00PM - 12:30PM		
						OPEN 12:30PM - 7:00PM	OPEN 12:30PM - 7:00PM	OPEN 12:30PM - 7:00PM

### FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
OPEN 6:00AM - 11:00AM *CLOSED 11:00AM - 12:15PM OPEN 12:15PM - 1:45PM *CLOSED 1:45PM - 3:00PM OPEN 3:00PM - 7:00PM	OPEN 6:00AM - 7:00PM	OPEN 6:00AM - 11:00AM *CLOSED 11:00AM - 12:15PM OPEN 12:15PM - 1:45PM *CLOSED 1:45PM - 3:00PM OPEN 3:00PM - 7:00PM	OPEN 6:00AM - 7:00PM	OPEN 6:00AM - 11:00AM *CLOSED 11:00AM - 12:15PM OPEN 12:15PM - 1:45PM *CLOSED 1:45PM - 3:00PM OPEN 3:00PM - 7:00PM	OPEN 7:00AM - 12:00PM			
						*STRENGTH TRAINING ROOM (small gym) OPEN		

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