



PROGRAM SCHEDULE -EFFECTIVE 1-1-25

THERAPY POOL

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

FITNESS CENTER

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