

POOL SCHEDULE

MAY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN SWIM & LAP SWIM 5:00 AM - 8:45pm	OPEN SWIM & LAP SWIM 5:00 AM - 8:45pm	OPEN SWIM & LAP SWIM 5:00 AM - 8:45pm	OPEN SWIM & LAP SWIM 5:00 AM - 8:45pm	OPEN SWIM & LAP SWIM 5:00 AM - 7:45pm	OPEN SWIM & LAP SWIM 7:00 AM - 4:45 PM
OPEN SWIM & LAP SWIM 12:00 PM - 4:45 PM	AQUA YOGA 8:00AM - 8:45AM (NO LAP SWIM)	Shallow Water Cardio 9:00AM - 9:45AM (NO LAP SWIM)	AQUA ZUMBA 6:30 AM - 7:00 AM (NO LAP SWIM)	Shallow Water Cardio 8:00AM - 8:45AM (NO LAP SWIM)		SWIM LESSONS 8:30 AM - 11:30 AM
Shallow Water Crdio 3:00 PM - 3:45 PM		Shallow Water Cardio 10:00AM - 10:45AM (NO LAP SWIM)			<p>Please ask the lifeguard or see designated signs of where the open pool areas are during swim lessons and water fitness classes.</p> <p>When there is only one lifeguard on duty there will be a 10min safety break. implemented every hour.</p> <p>Lap swim may not be available during swim lessons</p>	
	SWIM LESSONS 5:00 PM - 6:15PM	SWIM LESSONS 5:00 PM - 8:00PM	SWIM LESSONS 5:00 PM - 6:15PM	SWIM LESSONS 5:00 PM - 8:00 PM		
	Shallow Water Cardio 6:15PM - 7:00PM (NO LAP SWIM)		AQUA YOGA 6:15PM - 7:00PM (NO LAP SWIM)			

Steam and Sauna Operation Hours:

<u>Monday - Thursday</u>	5:00AM-8:45PM
<u>Friday</u>	5:00 AM - 7:45 PM
<u>Saturday</u>	7:00AM-4:45PM
<u>Saturday</u>	12:00 PM-4:45PM