



# POOL HOURS

## MONDAY

5:30 am – 7:00 am	Lap Swim {Adults Only}
8:30 am – 1:00 pm	Lap Swim {Adults Only}
8:30 am – 9:30 am	Walkin' & Talkin'
9:30 am – 10:30 am	Water Fitness
5:00 pm – 7:00 pm	Lap Swim {Adults Only}

## TUESDAY

11:00 am – 1:00 pm	Lap Swim {Adults Only}
4:00 pm – 7:00 pm	Lap Swim/Family Swim
5:30 pm – 6:15 pm	Deep Water Aerobics

## WEDNESDAY

5:30 am – 7:00 am	Lap Swim {Adults Only}
8:30 am – 1:00 pm	Lap Swim {Adults Only}
8:30 am – 9:30 am	Walkin' & Talkin'
9:30 am – 10:30 am	Water Fitness
5:00 pm – 6:30 pm	Lap Swim {Adults Only}

## THURSDAY

11:00 am – 1:00 pm	Lap Swim {Adults Only}
4:00 pm – 7:00 pm	Lap Swim/Family Swim
5:30 pm – 6:15 pm	Deep Water Aerobics

## FRIDAY

5:30 am – 7:00 am	Lap Swim {Adults Only}
8:30 am – 1:00 pm	Lap Swim {Adults Only}
8:30 am – 9:30 am	Walkin' & Talkin'
9:30 am – 10:30 am	Water Fitness

## SATURDAY

9:00 am – 12:00 pm	Lap Swim/Family Swim
--------------------	----------------------

## SUNDAY

2:00 pm – 4:00 pm	Lap Swim/Family Swim
-------------------	----------------------