

Aquatics Schedule

August 5 - October 2, 2022

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	7:30 - 9 am Adult L/E/R	7:30 - 9 am Adult L/E/R
9 am - 12 pm Dependent Hours L/E/R	9 am - 12 pm Dependent Hours L/E/R	9 am - 12 pm Dependent Hours L/E/R	9 am - 12 pm Dependent Hours L/E/R	6 - 7 am LH Swim Club 2 lanes	8:30 - 11 am Swim Lessons 2 lanes	9 am - 4:45 pm Dependent Hours L/E/R
12 - 1 pm LH Swim Club 2 lanes	12 - 2:30 pm Adult L/E/R	12 - 2:30 pm Adult L/E/R	12 - 2:30 pm Adult L/E/R	9 am - 8:45 pm Dependent Hours L/E/R	9 am - 4:45 pm Dependent Hours L/E/R	4:45 pm Pool Closes 5 pm Facility Closes
12 - 2:30 pm Adult L/E/R	2:30 - 5:30 pm Dependent Hours L/E/R	2:30 - 5:30 pm Dependent Hours L/E/R	2:30 - 5:30 pm Dependent Hours L/E/R			
2:30 - 5:30 pm Dependent Hours L/E/R	5:30 - 7 pm Adult L/E/R 3-6 lanes	5:30 - 7 pm Adult L/E/R 3-6 lanes	5:30 - 7 pm Adult L/E/R 3-6 lanes			
5:30 - 7 pm Adult L/E/R 3-6 lanes	5:45 - 7:15 pm Swim Lessons 2 lanes	6:30 - 7:30 pm LH Swim Club 2 lanes	5:45 - 7:15 pm Dependent Hours L/E/R			
7 - 8:45 pm Dependent Hours L/E/R	7 - 8:45 pm Dependent Hours L/E/R	7 - 8:45 pm Dependent Hours L/E/R	7 - 8:45 pm Dependent Hours L/E/R			
8:45 pm Pool Closes 9 pm Facility Closes						

- KEY**
- Dependent Hours
 - Adult Swim
 - L Lap Swim
 - E Exercise
 - R Recreation
 - Swim Lessons
 - LiveHealthy Swim Club
 - Swim Team
 - Group Aquatic Exercise Class
 - Therapy Pool
 - Family Open Swim (FOS)

RECREATION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 - 8 am Adult E/R	5:30 - 8 am Adult E/R	5:30 - 8 am Adult E/R	5:30 - 8 am Adult E/R	5:30 - 8 am Adult E/R	7:30 - 8:15 am Adult E/R	7:30 - 9 am Adult E/R	
7:15 & 8:15 am Aqua Zumba®	7:15 & 8:15 am WATERinMoTION®		7:15 & 8:15 am WATERinMoTION®	8:15 am WATERinMoTION®	8:15 am WATERinMoTION®	9 am - 4:45 pm FOS E/R	
9:15 am Aqua Zumba®	9:15 am WATERinMoTION®	9:15 am Aqua Zumba®	9:15 am WATERinMoTION®	9:15 am WATERinMoTION®	9:15 am WATERinMoTION®		
10:05 am Healing Waters	10 am Swim Lessons	10:05 am Healing Waters	10 am - 12 pm Dependent E/R	10:15 am Healing Waters	9:30 am Healing Waters		
10:15 am Healing Waters	11 am - 12 pm Dependent E/R	10:15 am Healing Waters	12 pm Healing Waters	7:30 - 8:45 pm FOS E/R	10 am Swim Lessons		
11 am - 12 pm Dependent E/R	12 pm Healing Waters	11 am - 12 pm Dependent E/R	2:30 - 5 pm Dependent E/R		2:30 - 4:45 pm FOS E/R		
12 - 1 pm Adult E/R	2:30 - 5 pm Dependent E/R	12 - 1 pm Adult E/R	4:30 pm Swim Lessons		4:45 pm Pool Closes 5 pm Facility Closes		
2:30 - 5:30 pm Dependent E/R	4:30 pm Swim Lessons	2:30 - 5:30 pm Dependent E/R	5:35 pm Healing Waters				
5:30 pm Total Body Intervals	5:35 pm Healing Waters	5:30 - 6:15 pm Total Body Intervals	6:30 pm Aqua Zumba®				
6:30 pm Total Body Intervals	6:30 pm Aqua Zumba®	6:30 pm Total Body Intervals	7:30 - 8:45 pm FOS E/R				
7:30 - 8:45 pm FOS E/R	7:30 - 8:45 pm FOS E/R	7:30 - 8:45 pm FOS E/R					
8:45 pm Pool Closes 9 pm Facility Closes							

*Please shower before using pools or whirlpool