



**Please Note: Assigned lanes are reserved for class participants only during scheduled activities.  
Pool is CLOSED during all Aqua Fitness or Fluid Motion classes.**

**Pool Temperature:** A therapeutic 86° F  
**Pool Length:** 15 Meters (52 round-trips=1 mile)

		5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
SUNDAY	Lane 1	Pool Opens 7:30am			Adult Swim			Open Swim						Adult Swim			Pool Closes 7:30pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		
MONDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim					Swim Lessons 5:00-5:45	Aqua Fitness 5:45-6:45 (pool closed)	Open Swim			Pool Closes 10:00pm	
	Lane 2																		
	Lane 3																		
	Lane 4																		
TUESDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Little Duckies 10:15-11:00	Swim Lessons 11:15-12:00	Open Swim					Aqua Fitness 5:45-6:45 (pool closed)	Open Swim			Pool Closes 10:00pm	
	Lane 2																		
	Lane 3																		
	Lane 4																		
WEDNESDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim					Little Duckies 4:00-4:45	Swim Lessons 5:00-5:45	PreSAIL 6:00-6:45	Open Swim			Pool Closes 10:00pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
THURSDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Open Swim					Aqua Fitness 5:45-6:45 (pool closed)	Open Swim			Pool Closes 10:00pm			
	Lane 2																		
	Lane 3																		
	Lane 4																		
FRIDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim					SKids 2:45-3:15 (pool closed)	Open Swim			Pool Closes 9:30pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		
SATURDAY	Lane 1	Pool Open 7:30am			Adult Swim	Aqua Fitness 9:00-10:00 (pool closed)	Little Duckies 10:15-11:00	Swim Lessons 11:15-12:00	Open Swim						Pool Closes 7:30pm				
	Lane 2																		
	Lane 3																		
	Lane 4																		

Pool is CLOSED during Aqua Fitness and p.r.e.p.®/Fluid Motion Classes. Only class participants allowed in pool at this time. P

**Lesson**  
10:30-11:15

ool is OPEN for LAP SWIM ONLY during all Swim Lessons and Skids.

