

Lap Pool Availability - Effective Sep 1, 2024

Last Updated: 8/29/2024

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
5:15-6:30 am																												
7:00 AM																												
8:00 AM																												
9:00 AM	8:30-9:30am **Aqua Power				9:00-10:00am **ABQ - Strength, Balance, & Mobility				9:15-10:15am **Aqua Power								9:15-10:15am **Aqua Power											
10:00 AM																												
11:00 AM					11:00-12:00am **ABQ - Strength, Balance, & Mobility																							
12:00 PM																												
1:00 PM																												
2:00 PM																												
3:00 PM																												
4:00 PM	4:00-5:00am **ABQ - Strength, Balance, & Mobility																											
5:00 PM																												
6:00 PM													6:15-7:15pm **Aqua Power															
7:00-7:50 pm																	Pool closes at 6:50 pm											



Reminder to all members: Sharing a lane with at least one other person is expected. Please do not tell other members they are not allowed to circle swim with you. If there is a lap swimmer in a lane you would like to share, for courtesy, please ask to share before entering the water. Max Lane use is 30 min if someone is waiting.

Group Exercise Classes: Please be aware that aquatic classes may begin adjusting equipment and/or lane markers no more than 5 minutes prior to the start of a class. Please see class instructor if you have questions.

Color Key:

- Lane open
- Learn to Swim classes

- Specialty classes
- Aqua classes: Pool closed to non-participants
- Aqua Board classes: Pool closed to non-participants

Swim Instructions:
One on One or Buddy Session- These can occur at anytime, Commonly schedule time are indicated. A lane maybe reserve for upcoming session. (Check with Front Desk for schedule)