







# Warm Pool Availability - Effective September 1, 2024

Last Updated: 4/3/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 -6:30am							
7:00 AM	7:00-8:00 am **Aqua Easy Movement		7:00-8:00 am **Aqua Easy Movement		7:00-8:00 am **Aqua Easy Movement		
8:00 AM							
9:00 AM		9:00-10:00am MyFitRx Supervision		9:00-10:00am MyFitRx Supervision			
10:00 AM							
11:00 AM			10:30-11:30am *Aquaize W/ Arthritis		10:30-11:30am *Aquaize W/ Arthritis		
12:00 PM	12:15-1:15pm *Aquaize W/ Arthritis						
1:00 PM	1:15-2:00pm MyFitRx Supervision		1:00-2:00pm MyFitRx Supervision				12:30-2:15pm Family Swim 2nd & 4th Sunday of the month
2:00 PM							
3:00 PM						Pool Closes 2:50 pm	
4:00 PM	4:00-5:10 pm Learn to Swim (See below for dates)			4:00-5:10 pm Learn to Swim (See below for dates)	4:00-5:10 pm Learn to Swim (See below for dates)		
5:00 PM			5:00-6:00 pm **Aqua Energize				
6:00 PM	6:00-7:00pm MyFitRx Supervision		6:00-7:00pm MyFitRx Supervision				
7-7:50 PM					Pool Closes 6:50 pm		
Pool Closes at 7:50 pm							

-  Lane open
-  Family Swim
-  Specialty Classes
-  Learn to Swim Lessons
-  Aqua classes: Pool closed to non-participants
-  Swim Instructions Sessions: Commonly schedule time are indicated. (Check with Front Desk for schedule)

**Swim Instructions Sessions: (1 on 1 or Buddy)** These can occur at anytime,  
(Check with Front Desk for schedule)



