







# Warm Pool Availability - Effective January 13, 2024

Last Updated: 01/13/2025

|                        | Monday                                 | Tuesday                                | Wednesday                               | Thursday                               | Friday                                  | Saturday            | Sunday  |
|------------------------|--|--|---|--|---|---------------------|---|
| 5 -6:30am              |  |  |   |  |   |                     |   |
| 7:00 AM                | 7:00-8:00 am<br>**Aqua Easy Movement   |  | 7:00-8:00 am<br>**Aqua Easy Movement    |  | 7:00-8:00 am<br>**Aqua Easy Movement    |                     |   |
| 8:00 AM                |  |  |   |  |   |                     |   |
| 9:00 AM                |  | 9:00-10:00am<br>MyFitRx<br>Supervision |   | 9:00-10:00am<br>MyFitRx<br>Supervision |   |                     |   |
| 10:00 AM               |  |  |   |  |   |                     |   |
| 11:00 AM               |  |  | 10:30-11:30am<br>*Aquacize W/ Arthritis |  | 10:30-11:30am<br>*Aquacize W/ Arthritis |                     |   |
| 12:00 PM               | 12:15-1:15pm<br>*Aquacize W/ Arthritis |  |   |  |   |                     |   |
| 1:00 PM                | 1:15-2:00pm<br>MyFitRx<br>Supervision  |  | 1:00-2:00pm<br>MyFitRx<br>Supervision   |  |   |                     | 12:30-2:15pm<br>Family Swim<br>3rd Sunday of<br>the month |
| 2:00 PM                |  |  |   |  |   |                     |   |
| 3:00 PM                |  |  |   |  |   | Pool Closes 2:50 pm |   |
| 4:00 PM                | 4:00-5:10 pm<br>Learn to Swim          |  |   | 4:00-5:10 pm<br>Learn to Swim          | 4:00-5:10 pm<br>Learn to Swim           |                     |   |
| 5:00 PM                |  |  | 5:00-6:00 pm<br>**Aqua Energize         |  |   |                     |   |
| 6:00 PM                | 6:00-7:00pm<br>MyFitRx<br>Supervision  |  | 6:00-7:00pm<br>MyFitRx<br>Supervision   |  |   |                     |   |
| 7:00 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)



