INDOOR POOL SCHEDULE

September 14 - December 20 *Subject to change

MON

OPEN SWIM
5:00am - 12:15pm

AQUA MOVEMENT AND MOBILITY
12:15pm - 1:00pm
Britt
POOL CLOSED

OPEN SWIM
1:00pm - 4:00pm

SWIM LESSONS
4:00pm - 6:00pm
POOL CLOSED

OPEN SWIM
6:00pm - 7:00pm

H2O BODY BLAST
7:00pm - 8:00pm
Fi
POOL CLOSED

OPEN SWIM
8:00pm - 8:30pm

TUES

OPEN SWIM
5:00am - 6:00am

LAP SWIM ONLY
6:00am - 7:00am
RESERVATION ONLY

OPEN SWIM
7:00am - 12:00pm

HIIT THE DEEP
12:00pm - 1pm
Fi
POOL CLOSED

OPEN SWIM
1:00pm - 4:00pm

SWIM LESSONS
4:00pm - 6:00pm
POOL CLOSED

OPEN SWIM
6:00pm - 7:00pm

POOL VOLLEYBALL
7:00pm - 8:00pm
POOL CLOSED

OPEN SWIM
8:00pm - 8:30pm

WED

OPEN SWIM
5:00am - 1:15pm

WATERWORKS
1:15pm - 2:15pm
Fi
POOL CLOSED

LAP SWIM ONLY
2:30pm - 3:30pm
RESERVATION ONLY

OPEN SWIM
3:30 - 6:30pm

WATERWORKS
6:30pm - 7:30pm
Mary Therese
POOL CLOSED

OPEN SWIM
7:30pm - 8:30pm

THUR

OPEN SWIM
5:00am - 12:00pm

AQUA ZUMBA
12:00pm - 1:00pm
Steph
POOL CLOSED

OPEN SWIM
1:00pm - 1:30pm

POOL VOLLEYBALL
1:30pm - 2:30pm

OPEN SWIM
2:30pm - 4:30pm

SWIM LESSONS
4:30pm - 6:30pm
POOL CLOSED

OPEN SWIM
6:30pm - 7:30pm

LAP SWIM ONLY
7:30pm - 8:30pm
RESERVATION ONLY

FRI

OPEN SWIM
5:00am - 9:30am

AQUA SCULPT
9:30am - 10:15am
Britt
POOL CLOSED

OPEN SWIM
10:15am - 1:15pm

WATERWORKS
1:15pm - 2:15pm
Fi
POOL CLOSED

LAP SWIM ONLY
2:30pm - 3:30pm
RESERVATION ONLY

OPEN SWIM
3:30pm - 7:30pm

SAT

LAP SWIM ONLY
7:30am - 8:30am
RESERVATION ONLY

SWIM LESSONS
9:00am - 11:30am
POOL CLOSED

OPEN SWIM
11:30am-5:30pm

SUN

LAP SWIM ONLY
7:30am-8:30am
RESERVATION ONLY

WATERWORKS
10:15am - 11:15am
Mary Therese

OPEN SWIM
11:15am - 5:30pm

ALL SPORT
health & fitness

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www.allsporthealthandfitness.com

Lap Swim Reservation time slots are available for during Open Swim times. Spots can be reserved at the Front Desk, the App, or by calling 845-896-5678. Pool availability is subject to Birthday Parties on the weekends, 12pm - 5:30pm and Kids Camp days, 2:30pm - 3:30pm. Pool hours will vary on Thursday, November 26 for Thanksgiving; please refer to our Thanksgiving Schedule for updated hours.