

# INDOOR POOL SCHEDULE

Feb.12 - Mar. 24 \*Subject to change

## MON

### OPEN SWIM

5:00am - 1:15pm

### AQUA MOVEMENT AND MOBILITY

1:15pm - 2:15pm

Britt

**POOL CLOSED**

### OPEN SWIM

2:15pm - 4:30pm

### SWIM LESSONS

4:30pm - 6:30pm

**POOL CLOSED**

### OPEN SWIM

6:30pm - 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

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

### 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 - 4:00pm

### SWIM LESSONS

4:00pm - 6:00pm

**POOL CLOSED**

### OPEN SWIM

6:00pm - 7:30pm

### LAP SWIM

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

### OPEN SWIM

3:30pm - 7:30pm

## SAT

### LAP SWIM ONLY

7:00am-8:00am

### OPEN SWIM

8:00am-9:00am

### SWIM LESSONS

9:00am-11:30am

**POOL CLOSED**

### OPEN SWIM

11:30am-5:30pm

## SUN

### OPEN SWIM

7:00am - 10:00am

### WATERWORKS

10:00am - 11:00am

Mary Therese

### OPEN SWIM

11:00am - 5:30pm

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Lap Swim Reservation Only time slots are available for 30-minute sessions during designated 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.