

INDOOR POOL SCHEDULE

April 14 - April 22 *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 - 2:15pm

CAMP SWIM
2:15pm - 3:30pm

OPEN SWIM
3:30pm - 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 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 - 2:15pm

CAMP SWIM
2:15pm - 3:30pm

OPEN SWIM
3:30pm - 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

CAMP SWIM
2:15pm - 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

Jennifer

POOL CLOSED

OPEN SWIM
1:00pm - 2:15pm

CAMP SWIM
2:15pm - 3:30pm

OPEN SWIM
3:30pm - 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

CAMP SWIM
2:15pm - 3:30pm

OPEN SWIM
3:30pm - 7:30pm

SAT

LAP SWIM ONLY
7:00am - 8:00am
RESERVATION ONLY

OPEN SWIM
8:00am - 5:30pm

SUN

LAP SWIM ONLY
7:00am - 8:00am
RESERVATION ONLY

OPEN SWIM
8:00am - 12:30pm

Easter Sunday, April 20

ALL SPORT
health & fitness

Follow us!



@allsporthealthandfitness



@allsportfishkill



@allsportfishkill

www.allsporthealthandfitness.com

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 and Kids Camp days, 2:30pm - 3:30pm.