

# INDOOR POOL SCHEDULE

April 23 - June 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 - 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  
RESERVATION ONLY**  
6:00am - 7:00am

**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  
RESERVATION 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  
Jennifer  
**POOL CLOSED**

**OPEN SWIM**  
1:00pm - 4:30pm

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

**OPEN SWIM**  
6:30pm - 7:30pm

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

## 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  
RESERVATION ONLY**  
2:30pm - 3:30pm

**OPEN SWIM**  
3:30pm - 7:30pm

## SAT

**LAP SWIM ONLY  
RESERVATION 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

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

**OPEN SWIM**  
8:00am - 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 and Kids Camp days, 2:30pm - 3:30pm.