

INDOOR POOL SCHEDULE

January 5 - March 29 *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

Jennifer

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

OPEN SWIM

8:00am - 10:00am

WATERWORKS

10:00am - 11:00am

Mary Therese

OPEN SWIM

11:00am - 5:30pm

ALLSPORT
health & fitness

Follow us!



@allsporthealthandfitness



@allsportfishkill



@allsportfishkill

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.