



Indoor Pool Schedule Effective September 9, 2023

(Schedule Subject to Change)

Lap Lanes Available M-F 5:30AM to 1:00PM & 2:30PM to 9PM, SAT. 7AM to 4PM & SUN. 7AM to 3PM
(RESERVATION REQUIRED)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM								
6:30AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM						Cardio Jam 9 - 10am Abby	Aqua Zumba 9 - 10am Anita	
9:30 AM	Cardio Jam 9:30- 10:30am Jeannine B	Cardio Jam 9:30-10:30am Michele	Cardio Jam 9:30-10:30am Pam Zicca	Rhythmic Toning 9:30 - 10:30 am Yoshimi A	Cardio Jam 9:30 - 10:30am Jeannine B			
10:00 AM							Youth Swim Lessons 10am-1:15pm	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	<u>CLOSED 1:00 PM THROUGH 2:30 PM</u>							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM							<u>CLOSED AT 3PM</u>	
3:30 PM								
4:00 PM		Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6:15pm	Youth Swim Lessons 4-6pm		<u>CLOSED AT 4:00 PM</u>		
4:30 PM								
5:00 PM	Swim Lessons 4:45 - 6:30pm				Youth Swim Lessons 5 - 7pm			
5:30 PM								
6:00 PM								
6:30 PM		Cardio Wave 6:30-7:30pm Stephanie		Cardio Wave 6:30-7:30pm Anita				
7:00 PM								
7:30 PM								
8:00 PM								
9:00pm	<u>POOLS CLOSE AT 9:00 PM</u>							