

POOL SCHEDULE

June 7th - June 14th



MONDAY

5:30 a.m. - 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. - 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. - 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. - 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. - 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. - 1:00 p.m. Open Swim, 3 Lap Lanes
1:00 p.m. - 4:00 p.m. Pool & Sauna Closed
4:00 p.m. - 5:15 p.m. Open Swim, 3 Lap Lanes
5:15 p.m. - 6:00 p.m. Water Fitness, 3 Lap Lanes
6:00 p.m. - 7:30 p.m. Open Swim, 3 Lap Lanes

TUESDAY

5:30 a.m. - 6:30 a.m. Sunrise Fitness, 4 Lap Lanes
6:30 a.m. - 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. - 8:45 a.m. Hydro Cuffs, 3 Lap Lanes
8:45 a.m. - 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. - 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. - 7:30 p.m. Open Swim, 3 Lap Lanes

WEDNESDAY

5:30 a.m. - 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. - 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. - 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. - 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. - 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. - 1:00 p.m. Open Swim, 3 Lap Lanes
1:00 p.m. - 4:00 p.m. Pool & Sauna Closed
4:00 p.m. - 5:15 p.m. Open Swim, 3 Lap Lanes
5:15 p.m. - 6:00 p.m. Water Fitness, 3 Lap Lanes
6:00 p.m. - 7:30 p.m. Open Swim, 3 Lap Lanes

THURSDAY

5:30 a.m. - 6:30 a.m. Sunrise Fitness, 4 Lap Lanes
6:30 a.m. - 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. - 8:45 a.m. Hydro Cuffs, 3 Lap Lanes
8:45 a.m. - 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. - 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. - 7:30 p.m. Open Swim, 3 Lap Lanes

FRIDAY

5:30 a.m. - 6:30 a.m. Master's Swim, 3 Lap Lanes
6:30 a.m. - 8:00 a.m. Open Swim, 6 Lap Lanes
8:00 a.m. - 8:45 a.m. Water Fitness, 3 Lap Lanes
8:45 a.m. - 9:30 a.m. Open Swim, 6 Lap Lanes
9:30 a.m. - 10:15 a.m. Sore No More, 3 Lap Lanes
10:15 a.m. - 6:00 p.m. Open Swim, 3 Lap Lanes
6:00 p.m. - 8:00 p.m. Pool & Sauna Closed

SATURDAY

7:00 a.m. - 1:00 p.m. Open Swim, 3 Lap Lanes
1:00 p.m. - 3:00 p.m. Pool & Sauna Closed

SUNDAY

8:00 a.m. - 10:00 a.m. Adult Open Swim (18+), 3 Lap Lanes
10:00 a.m. - 1:00 p.m. Open Swim, 3 Lap Lanes
1:00 p.m. - 3:00 p.m. Pool & Sauna Closed

**THE SAUNA IS CLOSED
WHEN THE POOL IS
CLOSED.**

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