

POOL SCHEDULE

August 30th – September 7th



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. – 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. – 8:00 p.m. MNG Swim Team Practice, 0 Lap Lanes
7:30 p.m. – 8:00 p.m. Pool & Sauna Closed

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. – 5:00 p.m. Open Swim, 3 Lap Lanes
5:00 p.m. – 7:00 p.m. MNG Swim Team Practice, 0 Lap Lanes
7:00 p.m. – 7:30 p.m. Open Swim, 3 Lap Lanes
7:30 p.m. – 8:00 p.m. Pool & Sauna Closed

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. – 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. – 8:00 p.m. MNG Swim Team Practice, 0 Lap Lanes
7:30 p.m. – 8:00 p.m. Pool & Sauna Closed

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
7:30 p.m. – 8:00 p.m. Pool & Sauna Closed

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. – 4:00 p.m. Open Swim, 3 Lap Lanes
4:00 p.m. – 5:30 p.m. MNG Swim Team Practice, 0 Lap Lanes
5:30 p.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. – 7:45 a.m. Adult Open Swim (18+), 3 Lap Lanes
7:45 a.m. – 9:00 a.m. MNG Swim Team Practice, 0 Lap Lanes
9:00 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. – 3:00 p.m. Pool & Sauna Closed

***The Pool & Sauna will be closed on September 7th due to Labor Day**

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

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