

INDOOR POOL SCHEDULE

January 4 - February 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 6:00-8:15					Synchro Team 6:00-9:00	
Stretch 8:15-9:00	Adult Lap 8:15-9:00	Stretch 8:15-9:00	Adult Lap 8:15-9:00	Stretch 8:15-9:00		
Taste of Aqua Fit 9:00-10:00	L A P Cardio Run 9:00-10:00	Taste of Aqua Fit 9:00-10:00	Cardio Run 9:00-10:00 Therapy	Taste of Aqua Fit 9:00-10:00	Deep Water 9:00-9:45	
Aquacise 10:00-10:45	L A P Lessons 9:45-11:30	Aquacise 10:00-10:45	L A P Lessons 10:00-11:30	Aquacise 10:00-10:45	Lessons 9:00-11:45	
Lessons 10:30-11:30		SilverSplash* 10:45-11:45		SilverSplash* 10:45-11:45	1 Lap Lane	
SilverSplash* 10:45-11:45						
11:30-1:00 Adult Lap*					Adult Lap 11:45-1:00	Adult Lap 12:00-1:00
Lessons Adapted 12:15-2:00	L A P Recreational 1:00-2:00	L A P Lessons 1:00-2:00	L A P Recreational 1:00-2:00	L A P Recreational 1:00-2:00		
2:00-3:00 Adult Lap Swim						
Adapted 3:00 - 4:30	L A P Mercy Swim Team 3:00-4:00	L A P Mercy Swim 3:00-4:00	L A P Mercy Swim Team 3:00-4:00	Rec Swim Mercy Swim Team 3:00-4:00	LAP Recreational Swim 1:00-6:30	L A P Recreational Swim 1:00-6:00
LAP Lessons 4:30-5:30	Lap Swim Team 4:00-6:00	LAP Lessons 4:30-5:30	Lap Swim Team 4:00-6:00	Lap Swim Team 4:00-6:00		
Swim Team 5:30-7:30	Lessons 6:00-7:45 2 Lap Lanes	Swim Team 6:00-7:30	Recreational/Synchro 6:00-7:30	LAP Recreational 6:00-9:45		Synchro 6:00-7:00
L A P Recreational 7:30-9:45	L A P Recreational 8:00-9:45	Synchro 7:30-9:45	L A P Recreational 7:30-9:45			

Adult Lap Swim 18 years of age and older. Lap Swim, any age (circle swim).

Lap lanes may be removed 5 minutes before the end of any swimming period or time.

Hours and scheduling are subject to change according to usage and weather. .

When pool is closed, whirlpool is closed

The whirlpool will close 1 time per month on the 4th Sunday of the month for cleaning.

Indoor pool will be closed immediately upon the event of a severe thunderstorm warning, a thunderstorm directly overhead or a tornado warning.

Please call 588-0255 for a recorded message regarding facility and program changes.

*Please note Monday, Wednesday, and Friday Silver Sneakers finishes at 11:45am but Adult Lap Swim will begin at 11:30am