SUNDAY							
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM	Open Basketball						
8:30 AM	8:00-8:45						Lane Swim 8:00 -9:15
9:00 AM	Karate FUND 6-12 YRS						
9:30 AM	9.00-9:45		Yoga				
10:00 AM	Karate FUND 6-12 YRS	Endurance Cycle 9:30-11:00	9:15 -10:15				
10:30 AM	10:00 - 10:45	9:30-11:00 Seasonal	Strong Nation				
11:00 AM	Karate ADV 6-12 YRS		10:30-11:15				Swim Lessons 9:30 - 1:00pm
11:30 AM	11:00 - 11:45					Ou Ct-	
12:00 PM						Open Courts 8:00-4:00	
12:30 PM							
1:00 PM							0 5 16:
1:30 PM	On an Barbarthall						Open Family Swim 1:15 -2:15
2:00 PM	Open Basketball 12:30-3:30						
2:30 PM							0.4.5
3:00 PM							Open/Lane Swim 2:45 -3:45
3:30 PM							
4:00 PM							

FACILITY HOURS

Mon-Fri: 6:00 am - 9:30 pm

Sat 8:00 am to 5:30 pm & Sun: 8:00 am - 4:00 pm

Holiday's as posted

Sauna & whirlpool closed during Swim Lessons

Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.



Registered Programs

Drop In Group Fitness

Open Gym/Open Swim

Community Rental Aquatics Programs

Ron Edwards Family YMCA - Schedule at a Glance January 6, 2025 to March 31, 2025

				MONDAY				
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM	GIW	310010	ABROOM	COMMONT FROOM	COMMONTT ROCKED	RAQUEIBALECOURIS	FOOL	
6:30 AM						OpenCourts 6:00-5:30	<u> </u>	
7:00 AM								
7:30 AM								
8:00 AM							Lane Swim	
8:30 AM							7:30-9:00	
9:00 AM	НІТ							
9:30 AM	9:15 -10:00						Aquafit	
10:00 AM	Strength and Conditioning		Voga				9:15-10:00	
0:30 AM	10:15-11:00		Yoga 10:15 - 11:45					
11:00 AM	Walk Fit							
1:30 AM	11:15 - 12:00						Lane Swim 10:30 - 1:00	
12:00 PM	Open Pickleball and Basketball						10.50 1.00	
2:30 PM	12:15 -1:00 1/2 Gym each		Balance+ 12:15-1:15					
1:00 PM			12.5 11.5					
1:30 PM	Pickleball			Optimal Fitness A		-	Open / Lane Swim	
2:00 PM	1:00-3:00			1:30-2:30			1:00 -2:55	
2:30 PM								
3:00 PM							Community Rental	
3:30 PM	Open Basketball						3:00 -4:00	
4:00 PM	3:15-4:30							
4:30 PM						League All Courts 530 - 8:30		
5:00 PM	Soccer LVL 1 6-12 YRS			Balls, Band, Bosu			Swim Lessons	
5:30 PM	5:00-5:50		Back to Living Well	5:10-5:40			400 -7:30	
6:00 PM	Boxing for Kids 6-12 YRS		5:30 -6:00	ніт				
6:30 PM	6:00-6:45		Core Fit	5:45 -6:15				
7:00 PM		Cycle Fit Train	6:30 -7:15					
7:30 PM		7:00 -7:45					Aquafit Strength 7:30-8:10	
		Seasonal						
8:00 PM								
						On an Country	Community Rental	
8:00 PM 8:30 PM 9:00 PM	Open Pickup Basketball Full Court 830-9:30					Open Courts 830-930	Community Rental &15-9:15	
8:30 PM	Open Pickup Basketball Full Court 830-9:30							
8:30 PM 9:00 PM	Open Pickup Basketball Full Court 830-9:30			TUESDAY				
8:30 PM 9:00 PM	Open Pickup Basketball Full Court 830-9:30 GYM	STUDIO	ABROOM	TUESDAY	COMMUNITY ROOM B			
8:30 PM 9:00 PM	Full Court 830-9:30	STUDIO			COMMUNITY ROOM B	830-930	&15- <u>9</u> 15	
8:30 PM 9:00 PM 9:30 PM	Full Court 830-9:30	STUDIO			COMMUNITY ROOM B	830-930	&15- <u>9</u> 15	
8:30 PM 9:00 PM 9:30 PM 6:00 AM 6:30 AM	Full Court 830-9:30	STUDIO			COMMUNITY ROOM B	830-930	&15- <u>9</u> 15	
8:30 PM 9:00 PM 9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM	Full Court 830-9:30	STUDIO			COMMUNITY ROOM B	830-930	&15- <u>9</u> 15	
8:30 PM 9:00 PM 9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	Full Court 830-9:30	STUDIO			COMMUNITY ROOM B	830-930	&15- <u>9</u> 15	
8:30 PM 9:00 PM 9:30 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	GYM				COMMUNITY ROOM B	830-930	&15- 9 15	
3:30 PM 3:30 PM 3:30 PM 3:30 PM 5:30 AM 7:00 AM 7:30 AM 3:30 AM 3:30 AM	Full Court 830-9:30	CycleFit			COMMUNITY ROOM B	830-930	&15- 9 15	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 5:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM	GYM GYM Body Fit 9:15-10:00				COMMUNITY ROOM B	830-930	POOL Lane Swirm	
8:30 PM 9:30 PM 9:30 PM 6:30 AM 6:30 AM 7:30 AM 8:00 AM 8:00 AM 8:00 AM	GYM Body Fit	CycleFit	AB ROOM Gentle Fit		COMMUNITY ROOM B	830-930	POOL	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 6:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM	GYM GYM Body Fit 9:15-10:00 Low Impact	CycleFit	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL Lane Swirm	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 6:00 AM 6:30 AM 7:30 AM 8:30 AM 9:00 AM 9:30 AM 9:00 AM 9:30 AM	GYM GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts	CycleFit	AB ROOM Gentle Fit	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swirm	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 9:30 AM 9:30 AM 9:00 AM 9:30 AM 9:00 AM 9:30 AM 9:30 AM 9:30 AM 9:30 AM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00	CycleFit	AB ROOM Gentle Fit	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL Lane Swirm	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 8:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 9:30 AM 9:30 AM	GYM GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swirm	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 5:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM 9:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM	GYM Body Fit 9:15-10:00 LowImpact 10:15-11:00 Healthy Hearts 11:30-12:00	CycleFit	ABROOM Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 7:30-1:00	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 AM 9:30 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swirm	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 5:30 AM 7:30 AM 8:30 AM 9:30 AM 9:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM	GYM Body Fit 9:15-10:00 LowImpact 10:15-11:00 Healthy Hearts 11:30-12:00	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 7:30-1:00	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 5:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00	
8:30 PM 9:00 PM 9:30 AM 1:30 AM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 730-1:00 Hydrotherapy 1:15-2:00 Lane Swim	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 8:30 AM 7:30 AM 8:30 AM 9:30 A	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00	
8:30 PM 8:00 PM 8:30 PM 8:30 PM 8:30 PM 8:30 AM 8:30 AM 8:3	GYM Body Fit 9:15-10:00 LowImpact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 730-1:00 Hydrotherapy 1:15-2:00 Lane Swim	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 AM 9:30 A	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30	CycleFit	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00	Optimal Fitness B 11:15-12:15	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts	POOL Lane Swim 730-1:00 Hydrotherapy 1:15-2:00 Lane Swim	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 AM 9:30 A	GYM Body Fit 9:15-10:00 LowImpact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball	CycleFit	Gentle Fit 10:15-11:00	COMMUNITY ROOM Optimal Fitness B	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 600 -5:30	POOL Lane Swim 730-1:00 Hydrotherapy 1:15-2:00 Lane Swim	
8:30 PM 9:00 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 AM 9:30 A	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 1 3-5 YRS	CycleFit	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 6:00-5:30	POOL Lane Swirm 730-1:00 Hydrotherapy 1:15-2:00 Lane Swirn 2:30-4:15	
230 PM 230 PM 230 PM 230 PM 230 PM 230 PM 230 AM 23	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30	Cycle Fit 9:15 -10:00	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00-5:45	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 600 -5:30	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00 Lane Swim 2:30-4:15 Swim Lessons	
230 PM 230 PM 230 PM 230 PM 230 PM 230 PM 230 AM 23	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 13-5 YRS Floor Hockey 6-12 YRS 6:00-7:00	Cycle Fit 9:15 - 10:000	AB ROOM Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00 - 5:45 Zumba Kids 8-12 YRS 6:00-6:45	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS 5:00-6:00	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 6:00-5:30	POOL Lane Swirm 730-1:00 Hydrotherapy 1:15-2:00 Lane Swirm 2:30-4:15 Swim Lessons	
8:30 PM 9:00 PM 9:30 PM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 13-5 YRS Floor Hockey 6-12 YRS 6:00-7:00 Zumba	Cycle Fit 9:15 - 10:000	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00 - 5:45 Zumba Kids 8-12 YRS 6:00-6:45 Yoga	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS 5:00-6:00 Ball, Band, Bosu	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 6:00-5:30	POOL Lane Swirm 7:30-1:00 Hydrotherapy 1:15-2:00 Lane Swirm 2:30-4:15 Swim Lessons	
8:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 5:30 AM 7:30 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 1:30 AM 1:30 AM 1:30 AM 1:30 AM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 13-5 YRS Floor Hockey 6-12 YRS 6:00-7:00	Cycle Fit 9:15 - 10:00 TRX 6:00 - 7:00 Triathlon	AB ROOM Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00 - 5:45 Zumba Kids 8-12 YRS 6:00-6:45	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS 5:00-6:00	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 6:00-5:30 League All Courts 5:30-6:30 Open Courts	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00 Lane Swim 2:30-4:15	
8:30 PM 9:30 AM 9:30 PM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 13-5 YRS Floor Hockey 6-12 YRS 6:00-7:00 Zumba 7:15-8:15	CycleFit 9:15 -10:00 TRX 6:00 -7:00	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00 - 5:45 Zumba Kids 8-12 YRS 6:00-6:45 Yoga	Optimal Fitness B 11:15-12:15 Artventures 8-12 YRS 5:00-6:00 Ball, Band, Bosu 7:15-8:00 Pilates	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 600 -5:30 League All Courts 5:30 -6:30	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00 Lane Swim 2:30-4:15 Swim Lessons 4:30-7:30 Lane Swim 7:45-9:15 Triathlon	
8:30 PM 9:00 PM 9:30 PM	GYM Body Fit 9:15-10:00 Low Impact 10:15-11:00 Healthy Hearts 11:30-12:00 Home School Program 1:30-3:00 Open Basketball 3:00-4:30 Soccer LVL 13-5 YRS Floor Hockey 6-12 YRS 6:00-7:00 Zumba	Cycle Fit 9:15 - 10:00 TRX 6:00 - 7:00 Triathlon	Gentle Fit 10:15-11:00 Healthy Hearts 12:30-1:00 Zumba Kids JR 4-7 YRS 5:00 - 5:45 Zumba Kids 8-12 YRS 6:00-6:45 Yoga	Optimal Fitness B 11:15 - 12:15 Artventures 8-12 YRS 5:00 - 6:00 Ball, Band, Bosu 7:15 - 8:00	COMMUNITY ROOM B	RAQUETBALL COURTS Open Courts 6:00-5:30 League All Courts 5:30-6:30 Open Courts	POOL Lane Swim 7:30-1:00 Hydrotherapy 1:15-2:00 Lane Swim 2:30-4:15 Swim Lessons 4:30-7:30 Lane Swim 7:45-9:15	

Drop in Recreational Programs



	WEDNESDAY						
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALLCOURTS	POOL
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Lane Swim
8:30 AM							7:30 - 9:00
9:00 AM	20/20/20						
9:30 AM	9:15 -10:15						Aquafit
10:00 AM			Chair Yoga Chair Yoga				9:15 -10:00
10:30 AM			10:15 -11:00				
11:00 AM	Walk Fit					Open Courts	Lane Swim
11:30 AM	11:15 -12:00			GERAS Dance		6:00-5:30	10:30 - 1:00
12:00 PM	Open Pickleball and Basketball			11:30-12:30			
12:30 PM	12:15 -1:00 1/2 Gym each		Balance+				
1:00 PM			12:15-1:15				
1:30 PM	Pickleball			Optimal Fitness A			Open / Lane Swim
2:00 PM	1:00 -3:00			1:30-2:30			1:00 - 2:55
2:30 PM							
3:00 PM							Community Rental
3:30 PM	Open Basketball						3:00 -4:00
4:00 PM	3:15 - 4:30						
4:30 PM							
5:00 PM	Sports Adventure 3-5 YRS			Art Sparks 6-12 YRS			Swim Lessons
5:30 PM	5:00 -5:45		Back to Living Well	5:00-6:00	Art Sparks 3-5 YRS		4:00 -7:30
6:00 PM	Sports Adventure 6-12 YRS		5:30-6:45	Ball, Band, Bosu	5:30-6:15	League All Courts	
6:30 PM	6:00 -7:00			6:15 - 7:00		5:30-7:30	
7:00 PM		Cycle Fit 7:00 - 7:45	20/20/20	YLD			
7:30 PM		7.00-7:45	7:15 -8:15	7:15 -8:15			Aquafit High Intensity 7:30-8:10
8:00 PM						Open Courts	
8:30 PM	Open Pickup Basketball					7:30-9:30	Community Rental
9:00 PM	Full Court 8:30-9:30					8:1	8:15 - 9 :15
9:30 PM							

THURSDAY							
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit	Cycle Fit 9:15 -10:00					
9:30 AM	9:15-10:00	9:15 -10:00					
10:00 AM							Lane Swim 7:30 -1:00
10:30 AM			Gentle Fit 10:15-11:00				
11:00 AM						Open Courts	
11:30 AM	Healthy Hearts			Optimal Fitness B 11:15-12:15		6:00-5:00	
12:00 PM	11:30-12:00						
12:30 PM			Healthy Hearts				
1:00 PM			12:30-1:00				Hydrotherapy 1:15 -2:00
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball						Lane Swim 2:30 -3::30
3:30 PM	2:00-430						
4:00 PM							Adult Swim Lessons
4:30 PM							3:30 -4:15
5:00 PM	Dodgeball 8-13 YRS		Karate FUND 6-12 YRS				
5:30 PM	5:00-6:00		5:00 -5:45				
6:00 PM	Dodgeball 8-13 YRS		Karate FUND 6-12 YRS	20/20/20		League All Courts	Swim Lessons 4:30-7:30
6:30 PM	6:00-7:00		6:00-6:45	6:00-7:00		eugue/iii courd	
7:00 PM	7		Karate ADV 6-12 YRS				
7:30 PM	Zumba 7:15 -8:15		7:00-7:45				
8:00 PM							
8:30 PM						Open Courts	Adult Lessons and H20 Lead 7:45-9:15
9:00 PM	Open Basketball 8:30-9:30					7:00 -9:30	
9:30 pm							

	FRIDAY							
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	CHILDMINDING	RAQUETBALLCOURTS	POOL	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM							Lane Swim	
8:30 AM							7:30-9:00	
9:00 AM	Muscle Fit							
9:30 AM	9:15 -10:00			Line Dancing 9:15 - 10:00			Aquafit 9:15-10:-00	
10:00 AM	Low Impact						9:15 -10:-00	
10:30 AM	10:15 -11:00		Yoga 10:15 -11:45					
11:00 AM								
11:30 AM								
12:00 PM				GERAS Dance 11:30-12:30				
12:30 PM								
1:00 PM	Pickleball						Lane Swim 10:30-3:45	
1:30 PM	12:00-3:00					Open Courts		
2:00 PM						6:00-9:30		
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM							Private Lessons / 2 Lane Swim	
5:30 PM							4:00-7:00	
6:00 PM	Open Basketball 3:15-9:15							
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM							Lane/Open Swim	
8:30 PM							7:00 -9:15	
9:00 PM								
9:30 pm								

SATURDAY							
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM		TRX					
8:30 AM		8:15 -9:00				Open Courts	Lane Swim 8:00-9:15
9:00 AM	Basketball FUND 6-9 YRS	Cycle Fit				8:00 - 10:00	
9:30 AM	9:00-10:00	9:15 -10:00					
10:00 AM	Basketball FUND 3-5 YRS			Brain Builders 6-12YRS			
10:30 AM	10:15 -11:00			10:15 -11:00		Youth Raquetball 6-12 YRS 10:00 -10:45	
11:00 AM	Basketball FUND 10-12 YRS		Zumba 10:30 -11:30	Brain Builders 3-5 YRS			Swim Lessons 9:30 - 1:00
11:30 AM	11:15 - 12:15			11:15 -12:00			
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Birthday Parties 1:00-2:00						Lane Swim 1:15 - 2:15
2:00 PM							
2:30 PM					Birthday Parties 2:00 - 3:00	Open Courts 11:00-5:30	
3:00 PM							Open/LaneSwim 2:45 -3:45
3:30 PM	Open Basketball 2:30-5:00						
4:00 PM	230 3.00						
4:30 pm							Open Family Swim
5:00 pm							4:00-5:15
5:30 pm							

Registered Programs	Open Gym/Open Swim	Drop in Recreational Programs
Drop In Group Fitness	Community Rental or Aquatics Programs	Diop in Necreational Flograms