



WEDNESDAY

FRIDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM	NEW CLASS! Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:15 am		6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 7:00 am		
6:30 AM									6:30 AM									
7:00 AM									7:00 AM		Open Gym (All Ages) 7:15 - 8:45 am						Lane Swim 7:00 - 8:15 am	
7:30 AM	Pickleball 7:15 - 8:45 am							7:30 AM										
8:00 AM								8:00 AM										
8:30 AM								Aqua Fit 8:30 - 9:15 am								Aqua Fit 8:30 - 9:15 am		
9:00 AM	HIIT 9:15 - 10:00 am		CORE FIT 9:30 - 10:00 am						9:00 AM	Body Fit 9:15-10:00 am								
9:30 AM									9:30 AM					Yoga 9:30 - 10:30 am				
10:00 AM	Open Gym (All Ages) 10:15 - 11:15 am			Yoga 10:30 - 11:30 am					10:00 AM	Zumba 10:15-11:15 am								
10:30 AM									10:30 AM									
11:00 AM					New Class! Chair Yoga 11:45 - 12:30 pm			Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 12:45		11:00 AM							Lane Swim 9:30 - 12:45 pm
11:30 AM	Walk Fit 11:30 - 12:15 pm									11:30 AM	Walk Fit 11:30 - 12:15 pm							
12:00 PM									12:00 PM									
12:30 PM							Hydrotherapy 1:00 - 1:45 pm		12:30 PM	Pickleball 12:30 - 3:00 pm								
1:00 PM									1:00 PM								Aqua Fit 1:00 - 1:45 pm	
1:30 PM	Divided Open Gym (all ages) 12:45 - 4:30 pm						Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45	1:30 PM									
2:00 PM							Community Rental 2:45-3:45 pm		2:00 PM							Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm	
2:30 PM									2:30 PM									
3:00 PM									3:00 PM									
3:30 PM									3:30 PM	Divided Open Gym (All Ages) 3:15 - 9:00 pm								
4:00 PM								4:00 PM										
4:30 PM								4:30 PM										
5:00 PM	Karate Fundamentals (Ages 6 - 12) 5:00 - 5:45 pm						Swim Lessons 4:00 - 7:30 pm	Swim Lessons 4:00 - 7:30 pm	5:00 PM								Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm
5:30 PM									5:30 PM									
6:00 PM	Karate Fundamentals (Ages 6 - 12) 6:00 - 6:45 pm			Queenax - Fitness Floor* 6:30-7:15pm					6:00 PM									
6:30 PM									6:30 PM									
7:00 PM	Karate Advanced (Ages 6 - 12) 7:00 - 7:45 pm		Zumba 7:15 pm - 8:15pm	Yang/Yin Yoga 7:00-8:00 pm					7:00 PM									
7:30 PM							Aqua Blast 7:40-8:25 pm	Open Swim 7:45 - 8:45	7:30 PM									
8:00 PM									8:00 PM									
8:30 PM							Lane Swim 8:30 - 9:15 pm		8:30 PM							Lane Swim 8:15 - 9:15 pm		
9:00 PM									9:00 PM									

THURSDAY

SATURDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM							Lane Swim 6:00 - 8:15 am		8:00 AM							Lane Swim 8:00 - 8:45		
6:30 AM									8:30 AM									
7:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am								9:00 AM	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am		Cycle Fit 9:15 - 10:00 am		Artventures (Ages 6-12) 9:00 - 10:00 am		Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
7:30 AM									9:30 AM									
8:00 AM								Aqua Fit 8:30 - 9:15 am		10:00 AM	Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am		VIPR (pre-register) 10:15-11:00 am	Yin Yoga 10:15 - 11:15 am				
8:30 AM			Cycle Fit 9:15 - 10:00 am	Yoga 9:30 - 10:30 am					10:30 AM									
9:00 AM	Strength & Conditioning 10:15 - 11:00 am							Open Swim 9:30 - 10:45	11:00 AM									
10:00 AM									11:30 AM									
10:30 AM								Lane Swim 9:30 - 12:45 pm	12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm								
11:00 AM									12:30 PM									
11:30 AM	Gentle Fit 11:30 - 12:15 pm							Splashers 11:00 - 12:00 pm	1:00 PM									
12:00 PM								Open Swim 12:00-12:45 pm	1:30 PM	Divided Open Gym (All Ages) 1:15-2:30 pm						Open Swim 1:15 - 2:45 pm		
12:30 PM	Pickleball 12:30 - 3:00 pm						Aqua Fit 1:00 - 1:45 pm		2:00 PM									
1:00 PM									2:30 PM									
1:30 PM						Balance Plus 1:00-2:00 pm		Lane Swim 2:00 - 2:45 pm	Open Swim 2:00 - 3:45 pm	3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm							
2:00 PM									3:30 PM									
2:30 PM									4:00 PM									
3:00 PM	Divided Open Gym (All Ages) 3:15 - 4:45 pm						Lane/Open Swim 2:45-3:45 pm		4:30 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm						Shared Lane /Open Swim 2:15-5:15 pm	Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
3:30 PM									5:00 PM									
4:00 PM									<p style="text-align: center;"><b>FACILITY HOURS</b></p> <p style="text-align: center;">Monday - Friday: 6:00 am - 9:30 pm</p> <p style="text-align: center;">Saturday: 8:00 am - 5:30 pm</p> <p style="text-align: center;">Sunday: 8:00 am - 4:00 pm</p> <p style="text-align: center;">Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)</p> <p style="text-align: center;">Sauna &amp; Whirlpool are closed during Swim Lessons.</p> <p style="text-align: center;">Pool closes 15 minutes before facility closure.</p>									
4:30 PM																		
5:00 PM	Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm	Basketball Lvl 1 (Ages 3-5) 5:30 pm - 6:15 pm																
5:30 PM																		
6:00 PM			Cycle & Strength 6:00 - 7:00 pm															
6:30 PM	Basketball Lvl 2 (Ages 6-9) 6:30 - 7:30 pm																	
7:00 PM			Back to Living Well - Fitness Floor* 7:00 - 8:00 pm	Pilates Infusion 7:00 - 7:45 pm														
7:30 PM	Basketball Lvl 3 (Ages 9-12) 7:45-8:45 pm						Master Swim 7:45-8:45	Open Swim 7:45 - 8:45										
8:00 PM																		
8:30 PM																		
9:00 PM							Lane Swim 8:45 pm - 9:15 pm											
9:30 PM																		

■ Registered Programs    
 ■ Registered Child and Youth Programs    
 ■ Drop In Recreational Programs  
■ Drop In Group Fitness    
 ■ Open Swims (Lap or Leisure)