				SUNDAY	ſ			
	GYM1&2	GYM 3	STUDIO A	STUDIOB	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL
8:00 AM							Lane Swim	
8:30 AM			New Class!				8:00 - 8:45 am	
9:00 AM	Strength & Conditioning 9:15-10:00 am		Cycle Fit 8:45am - 9:45 am					
9:30 AM	, , , , , , , , , , , , , , , , , , ,	0.00 0.11						
10:00 AM			TRX					Swim Lessons
10:30 AM		rickleball	10:15 - 11:00 am				Swim Lessons	9:00 - 1:00 pm
11:00 AM 11:30 AM	10:30 - 1	1:30 am					9:00 - 1:00 pm	
12:00 PM								
12:30 PM								
1:00 PM	5:						Character (October Control	
1:30 PM		Open Gym Ages)					Shared Lane/Open Swim 1:15 - 2:30 pm	Open Swim 1:15 - 3:45 pm
2:00 PM							1.13-2.30 pili	
2:30 PM	12:00 - 3:30 pm						06	1:15-3:45 pm
3:00 PM							Open Swim 2:30 - 3:45 pm	
3:30 PM							2.50-5.45 pm	
4:00 PM							Pool Closes at 3:45 pm	
			SW	IM ADMISSIO	N CRITERIA		'	
An adult		an (14 years of ag en are in life jacke		pe in the water, w	ithin arms' reach,	at all times. Ratio	1 adult per 2 child	dren or 1 adult
Children parent c	or guardian (14 ye age or older) mu	ars of age or olde	r) actively supervi	ses from the pool	deck. If they do n	ot pass the test, a	ey can swim on the an adult parent or at per 4 children if <u>a</u>	guardian (14

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

Start to End

What is the Facility Swim Test? To enter deep water and/or swim independently, swimmers must:

· Show comfort in the water and

· Swim 2 widths of continuous front crawl in shallow water.

Session

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if

they feel there is a question of the participant's safety. **WINTER REGISTRATION DATES - Child and Youth LAND PROGRAMS**

Registration Opens

Members

Non-Members

8:00 PM

8:30 PM

9:00 PM

Winter 1 8 Weeks	January 6-March 2		nber 16	December 23		
Spring 1 8 Weeks	March 3 - May 4	Febru	ary 10	February 17		
Karate Winter 11 weeks	January 6 - March 30	Decen	ber 18	January 2		
	WINTER REGISTRAT	TON A OLIATICS				
	WINTER REGISTRAT	ION - AQUATICS				
Session	Start to End	Registration Opens	Members	Non-Members		
Winter 11 Weeks	January 6 - March 2	December 18, 2024		December 23, 2024		
Spring 11 Weeks	April 7 - June 22	March 18		March 25		

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON



905-690-3555

Flamborough Family YMCA - Schedule at a Glance

January 6, 2025 to March 31, 2025



7:45 -8:45

Lane Swim

Shine On **MONDAY** GYM1&2 GYM3 STUDIO A STUDIO B MULTIPURPOSE A MULITPURPOSE B LAP POOL LEISURE POOL 6:00 AM 6:30 AM Lane Swim 6:30-7:15 am 6:00 - 8::15 am 7:00 AM Picklehall 7:30 AM 7:00 - 8:45 am 8:00 AM Aqua Fit 8:30 - 9:15 am 8:30 AM 9:00 AM Body Fit 9:15 - 10:00 am 9:30 AM 9:30-10:15 10:00 AM Open Gym Open Swim Yoga for Strength 10:30 - 11:30 am (All Ages) 10:30 AM 10:15 - 11:15 am 11:00 AM Lane Swim Splashers 11:00 - 12:00 pm 9:30-12:45 pm 11:30 AM Walk Fit 11:30 - 12:15 pm 12:00 PM Open Swim 12:30 PM 1:00 PM Hydrotherapy 1:00 - 1:45 pm 1:30 PM 2:00 PM Lane Swim 2:30 PM 2:00 - 2:45 pm Open Swim 2:00 - 3:45 pm 3:00 PM Divided Open Gym Community Rental 2:45-3:45 pm 3:30 PM 12:45 pm - 6:30 pm 4:00 PM 4:30 PM 5:00 PM Zumba Kids JR (Ages 3-5 Karate Fundamentals (Ages 6-12) Swim Lessons 5:15 pm - 6:00pm 5:30 PM 4:00 - 7:30 pm 4:00 - 7:30 pm umba Kids (Ages 6-12 Karate Advanced (Ages 6 - 12) 6:00 PM Back to Living Well 6:30 PM 6:15 pm - 7:00pm 6:00 - 6:45 pm 6:15 pm - 7:30 pm 7:00 PM Karate (Volunteer Instructor Class) Hatha Yoga Zumba 7:00-745 pm 7:30 PM 7:15 pm - 8:15 pm Open Swim 8:00 PM Lane Swim 7:45-8:45 pm 9:00 PM 7:45-9:15 8:30 PM 9:30 PM **TUESDAY** STUDIO A STUDIO B MULTI PURPOSE A MULTIPURPOSE B LAP POOL LEISURE POOL GYM1&2 GYM3 6:00 AM Lane Swim 6:30 AM 6:00 - 8:15 am 7:00 AM 7:30 AM Divided Open Gym 8:00 AM (All Ages) 7:00 - 9:30 am Aqua Fit 8-30 AM 8:30 - 9:15 am 9:00 AM Cycle Fit 9:15 - 10:00 am 9:30 AM Barre and Tone 10:00 AM 10:15-11:00 am 10:30 AM 11:00 AM Lane Swim Open Swim 9:30-12:45 pm 9:30-12:45 11:30 AM Gentle Fit Baby & Me 11:30 - 12:15 pm 11:30-12:15pm 12:00 PM 12:30 PM Aqua Fit 1:00 PM Pickleball 1:00 - 1:45 pm 1:30 PM Balance Plus 12:30 - 3:00 pm 1:00-2:00 pm 2:00 PM 2·30 PM Lane Swim Open Swim 2:00 - 3:45 2:00 - 345 3:00 PM Divided Open Gym 3:30 PM 3:15 - 4:45 pm 4:00 PM 4:30 PM Brain Builders (Ages 3-5) 5:00 PM Soccer Level 1 Soccer Level 1 5:30-6:15pm Swim Lessons 4:00 - 7:30 pm (Ages 6-12) 5:15-6:15 pm Ages 3-5) 5:30-6:15 pm Swim Lessons 5:30 PM 4:00 - 7:30 pm 6:00 PM Boot Camp Brain Builders (Ages 6-12) Y-Climb (Ages 6-12) 6:00-6:45 6:30-7:30 pm 6:30 PM 6:30-7:30 pm 7:00 PM 7:00 - 7:45 pm 7:00 - 8:00 pm 7:30 PM

	WEDNESDAY							FRIDAY							
	GYM1&2 GYM3	STUDIO A	STUDIO B	MULTI PURPOSE A MULTIPU	JRPOSE B LAP POOL	LEISURE POOL		GYM1&2 GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL	
6:00 AM	NEW CLASS! Strength and Conditioning				Lane Swim / Community		6:00 AM	Strength and Conditioning					Lane Swim / Community Rental		
6:30 AM	6:10-6:55 am				Rental		6:30 AM	6:10-6:55 am					6:00 - 7:00 am		
7:00 AM 7:30 AM	Pickleball .				6:00 - 8:15 am		7:00 AM	Open Gym					Lane Swim 7:00 - 8:15 am		
8:00 AM	7:15 - 8:45 am						7:30 AM	(All Ages) 7:15 - 8:45 am	-				7.00-6.13 dill		
8:30 AM					Aqua Fit 8:30 - 9:15 am		8:00 AM 8:30 AM						Aqua Fit		
9:00 AM 9:30 AM	HIIT 9:15-10:00 am	CORE FIT 9:30 - 10:00 am			8:30-9:15 am		9:00 AM	Body Fit					8:30 - 9:15 am		
10:00 AM	Open Gym	COILE 111 9.50 10.00 dill					9:30 AM	9:15-10:00 am		Yoga					
10:30 AM	(All Ages) 10:15 - 11:15 am		Yoga 10:30-11:30 am				10:00 AM	Zumba		9:30 - 10:30 am					
11:00 AM 11:30 AM			New Class!		Lane Swim	Open Swim	10:30 AM	10:15-11:15 am							
	Walk Fit 11:30 - 12:15 pm		Chair Yoga 11:45 - 12:30 pm		9:30- 12:45 pm	9:30 -12::45	11:00 AM	Walk Fit					Lane Swim 9:30- 12:45 pm	Open Swim 9:30-12:45	
12:00 PM			11:45-12:30 pm				11:30 AM 12:00 PM	11:30 - 12:15 pm							
12:30 PM 1:00 PM					Hydrotherapy		12:30 PM								
1:30 PM					1:00 - 1:45 pm		1:00 PM	Dialdahall					Aqua Fit		
2:00 PM 2:30 PM	Divided Open Gym (all ages)				Lane Swim 2:00 - 2:45 pm	Open Swim	1:30 PM	Pickleball 12:30 - 3:00 pm					1:00 - 1:45 pm		
3:00 PM	12:45 - 4:30 pm				Community Rental	2:00-3:45	2:00 PM						Lane Swim	Open Swim	
3:30 PM					2:45-3:45 pm		2:30 PM 3:00 PM						2:00 - 3:45 pm	2:00 - 3:45 pm	
4:00 PM 4:30 PM		1					3:00 PM								
5:00 PM	 Karate Fundamentals (Ages 6 - 12)						4:00 PM								
5:30 PM	5:00 - 5:45 pm				Swim Lessons	Swim Lessons	4:30 PM								
6:00 PM	Karate Fundamentals (Ages 6 - 12)				4:00 - 7:30 pm	4:00 - 7:30 pm	5:00 PM								
6:30 PM	6:00 - 6:45 pm		Queenax - Fitness Floor* 6:30-7:15pm				5:30 PM	Divided Open Gym	 				Private Swim Lesson 4:00 pm - 8:00 pm	Private Swim Lesson 4:00 pm - 8:00 pm	
7:00 PM	Karate Advanced (Ages 6 - 12)		0.30-7.13p111				6:00 PM 6:30 PM	(All Ages) 3:15-9:00 pm							
7:30 PM	7:00 - 7:45 pm	Zumba 7:15 pm - 8:15pm	Yang/Yin Yoga 7:00-8:00 pm		Aqua Blast		7:00 PM								
8:00 PM		7.13 pm-6.13pm	7.00-6.00 pm		7:40-8:25 pm	Open Swim 7:45 -8:45	7:30 PM								
8:30 PM					16.1		8:00 PM						Lane Swim		
9:00 PM					Lane Swim 8:30 - 9:15 pm		8:30 PM		 				8:15 - 9:15 pm		
0-20 BW			THURSDA	V			9:00 PM								
	THURSDAY GYM1&2 GYM3 STUDIOA STUDIOB MULTI PURPOSEA MULTIPURPOSEB								SATURDA	ΔV					
	GYM1&2 GYM3	STUDIO A	STUDIOB		PURPOSE B LAP POOL	LEISURE POOL		GYM1&2 GYM3	STUDIO A	SATURDA STUDIOB	MULTIPURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
6:00 AM	GYM1&2 GYM3	STUDIO A			PURPOSE B LAP POOL	LEISURE POOL	8:00 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL	
6:30 AM	GYM1&2 GYM3	STUDIOA			Lane Swim	LEISURE POOL	8:30 AM		STUDIO A		MULTIPURPOSE A			LEISURE POOL	
	Divided Open Gym	STUDIO A				LEISURE POOL	_	GYM 1 & 2 GYM 3 Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit		MULTIPURPOSEA Artventures	(Ages 6-12)	Lane Swim	LEISURE POOL	
6:30 AM 7:00 AM 7:30 AM 8:00 AM	Divided Open Gym (All Ages)	STUDIO A			Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM 9:00 AM 9:30 AM	SoccerLevel 1 (Ages 3-5)			Artventures 9:00-10	(Ages 6-12) :00 am	Lane Swim	LEISURE POOL	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Divided Open Gym				Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL	8:30 AM 9:00 AM	SoccerLevel 1 (Ages 3-5) 9:00 - 9:45 am SoccerLevel 2 (Ages 6-12)	Cycle Fit	STUDIOB	Artventures 9:00 - 10 Art Spark ((Ages 6-12) :00 am (Ages 3-5)	Lane Swim	LEISURE POOL	
6:30 AM 7:00 AM 7:30 AM 8:00 AM	Divided Open Gym (All Ages)	Cycle Fit 9:15 - 10:00 am	STUDIO B		Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM 9:00 AM 9:30 AM	SoccerLevel 1 (Ages 3-5) 9:00 - 9:45 am	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)		Artventures 9:00-10	(Ages 6-12) :00 am (Ages 3-5)	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning	Cycle Fit			Lane Swim 6:00 - 8:15 am Aqua Fit	Open Swim	9:30 AM 9:30 AM 10:00 AM	SoccerLevel 1 (Ages 3-5) 9:00 - 9:45 am SoccerLevel 2 (Ages 6-12)	Cycle Fit 9:15 - 10:00 am	STUDIO B Yin Yoga	Artventures 9:00 - 10 Art Spark ((Ages 6-12) :00 am (Ages 3-5)	Lane Swim 8:00 -8:45		
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am	Cycle Fit	STUDIO B		Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am	Open Swim 9:30 -10:45	9:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM	SoccerLevel 1 (Ages 3-5) 9:00 - 9:45 am SoccerLevel 2 (Ages 6-12) 10:00 - 11:00 am	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00 - 10 Art Spark ((Ages 6-12) :00 am (Ages 3-5)	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit	Cycle Fit	STUDIO B		Lane Swim 6:00 - 8:15 am Aqua Fit	Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM	SoccerLevel 1 (Ages 3-5) 9:00 - 9:45 am SoccerLevel 2 (Ages 6-12)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11	(Ages 6-12) :00 am (Ages 3-5) 1:00 am	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am	Cycle Fit	STUDIO B		Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim	9:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am Birthday Party 1 Rental	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00 - 10 Art Spark ((Ages 6-12) 1:00 am (Ages 3-5) 1:00 am	Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm	Swim Lessons	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit	Cycle Fit	STUDIO B		Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11	(Ages 6-12) 1:00 am (Ages 3-5) 1:00 am	Lane Swim 8:00 -8:45 Swim Lessons 9:00 - 1:00 pm	Swim Lessons	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	Soccer Level 1 (Ages 3-5) 9:00 - 9:45 am Soccer Level 2 (Ages 6-12) 10:00 - 11:00 am Birthday Party 1 Rental 12:00 - 1:00 pm	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11	(Ages 6-12) 1:00 am (Ages 3-5) 1:00 am	Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm	Swim Lessons 9:00 - 1:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:30 AM 9:30 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIO B		Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11	(Ages 6-12) 1:00 am (Ages 3-5) 1:00 am	Lane Swim 8:00 -8:45 Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm	Swim Lessons 9:00 - 1:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM 12:30 PM 1:00 PM 1:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim	Open Swim 9:30-10:45 Splashers 11:00-12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00-10 Art Spark (10:15-11	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Lane Swim 8:00-8:45 Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B Yin Yoga	Artventures 9:00 - 10 Art Spark (10:15 - 11 Birthday Par 12:00 - 2:	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	Yin Yoga 10:15 - 11:15 am	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2:	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00-1:00 pm Open Swim 1:15-2:45 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register) 10:15 - 11:00 am	Yin Yoga 10:15-11:15 am	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2:	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm	Cycle Fit	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register) 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2:	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm	Cycle Fit 9:15 - 10:00 am	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	Cycle Fit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon	Yin Yoga 10:15-11:15 am FACILITY Honday - Friday: 6:00	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2: Birthday Par 3:00-5:0	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9)	Cycle Fit 9:15 - 10:00 am	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon	Yin Yoga 10:15-11:15am FACILITY Honday - Friday: 6:00 Saturday: 8:00 am	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2: OURS O am - 9:30 pm n - 5:30 pm	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15-4:45 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	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Backto Living Well -	Yoga 9:30-1030am	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:30 -10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages)	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon	Yin Yoga 10:15-11:15 am FACILITY Honday - Friday: 6:00	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2: OURS O am - 9:30 pm n - 5:30 pm	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00- 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 7:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm	STUDIO B	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm Swim Lessons 4:00 - 7:30 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages) 4:15-5:15 pm	Cycle Fit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon	FACILITY Honday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-22 Birthday Par 3:00-50 OURS 0 am - 9:30 pm n - 5:30 pm n - 4:00 pm	(Ages 6-12) ::00 am (Ages 3-5) 1:00 am rty 1 Rental ::00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM 6:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am Strength & Conditioning 10:15 - 11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15 - 4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30 - 7:30 pm	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 9:30-10:30 am	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45-3:45 pm Swim Lessons 4:00 - 7:30 pm	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00 - 12:45 pm Open Swim 2:00 - 3:45 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages) 4:15-5:15 pm	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon Silidays: 8:00 am	FACILITY Honday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 pm (Times	Artventures 9:00-10 ArtSpark (10:15-11 Birthday Par 12:00-2 Birthday Par 3:00-56 OURS 0 am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec	(Ages 6-12) (Ages 3-5) 1:00 am rty 1 Rental :00 pm rty 2 Rental :00 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 7:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm Basketball Lvl 3 (Ages 9-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 9:30-10:30 am	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm Master Swim 7:45 - 8:45 Lane Swim	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm Swim Lessons 4:00 - 7:30 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages) 4:15-5:15 pm	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon S didays: 8:00 am Sauna & Wh	FACILITY Honday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am 1 - 4:00 pm (Times	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2 Birthday Par 3:00-50 OURS O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec	(Ages 6-12) (Ages 3-5) 1:00 am rty 1 Rental 1:00 pm rty 2 Rental 000 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:00 AM 7:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM 7:30 PM 7:00 PM 8:30 PM 9:00 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm Basketball Lvl 3 (Ages 9-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 9:30-10:30 am	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:00 - 2:45 pm Lane/Open Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm Master Swim 7:45 - 8:45	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm Swim Lessons 4:00 - 7:30 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages) 4:15-5:15 pm	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon Sauna & Wh Pool clos	FACILITY Honday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am - 4:00 pm (Times hirlpool are closed ses 15 minutes bef	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2 Birthday Par 3:00-50 OURS O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec	(Ages 6-12) (Ages 3-5) 1:00 am rty 1 Rental 1:00 pm rty 2 Rental 000 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	
6:30 AM 7:30 AM 7:30 AM 8:30 AM 8:30 AM 9:30 AM 9:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 12:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM	Divided Open Gym (All Ages) 7:00-9:30 am Strength & Conditioning 10:15-11:00 am Gentle Fit 11:30 - 12:15 pm Pickleball 12:30 - 3:00 pm Divided Open Gym (All Ages) 3:15-4:45 pm Basketball Lvl 1 (Ages 6-9) 5:15 pm-6:15 pm Basketball Lvl 2 (Ages 6-9) 6:30-7:30 pm Basketball Lvl 3 (Ages 9-12)	Cycle Fit 9:15 - 10:00 am Cycle & Strength 6:00 - 7:00 pm Back to Living Well - Fitness Floor*	Yoga 9:30-10:30 am	MULTI PURPOSE A MULTIF	Lane Swim 6:00 - 8:15 am Aqua Fit 8:30 - 9:15 am Lane Swim 9:30 - 12:45 pm Aqua Fit 1:00 - 1:45 pm Lane Swim 2:45 - 3:45 pm Swim Lessons 4:00 - 7:30 pm Master Swim 7:45 - 8:45 Lane Swim	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm Open Swim 2:00-3:45 pm Swim Lessons 4:00 - 7:30 pm	8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12) 10:00-11:00 am Birthday Party 1 Rental 12:00-1:00 pm Divided Open Gym (All Ages) 1:15-2:30 pm Birthday Party 2 Rental 3:00-4:00 pm Divided Open Gym (All Ages) 4:15-5:15 pm	CycleFit 9:15-10:00 am ViPR (pre-register) 10:15-11:00 am Mon S G G G J J J J J J J J J J J J J J J J	FACILITY Honday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am 1 - 4:00 pm (Times hirlpool are closed ses 15 minutes beforems	Artventures 9:00-10 Art Spark (10:15-11 Birthday Par 12:00-2 Birthday Par 3:00-50 OURS O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec	(Ages 6-12) (Ages 3-5) 1:00 am Inty 1 Rental 1:00 pm Inty 2 Rental 1:00 pm Inty 2 Rental 1:00 pm Inty 3 Rental 1:00 pm Inty 4 Rental 1:00 pm Inty 5 Rental 1:00 pm Inty 6 Rental 1:00 pm Inty 8 Rental 1:00 pm Inty 9 Rental	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 2:45 pm Shared Lane / Open Swim 2:15 - 5:15 pm	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties 3:00 - 4:00 pm	