				SUNDA	Υ				
	GYM1&2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL	
8:00 AM							Lane Swim		
8:30 AM			New Class!				8:00 - 8:45 am		
9:00 AM		Conditioning	Cycle Fit 8:45am - 9:45 am						
9:30 AM	9:15 - 1	0:00 am							
10:00 AM			TRX					Control access	
10:30 AM		Pickleball	10:15 - 11:00 am				Swim Lessons	Swim Lessons 9:00 - 1:00 pm	
11:00 AM	10:30 - 1	11:30 am					9:00 - 1:00 pm		
11:30 AM 12:00 PM									
12:30 PM									
1:00 PM	District	N C					Shared Lane/Open Swim		
1:30 PM		<b>Open Gym</b> Ages)					1:15 - 2:30 pm	Open Swim	
2:00 PM		3:30 pm					· ·	1:15 - 3:45 pm	
2:30 PM							Open Swim		
3:00 PM 3:30 PM							2:30 - 3:45 pm		
4:00 PM							Pool Closes	at 3:45 pm	
			SW	IM ADMISSIO	N CRITERIA				
Children Children parent of years of life jacke Youth a Youth a What is To enter Sho Swir The swir	n ages 7 – 9: In at this age may a programment of guardian (14 years) In addults 10 years In addults 10 years In the Facility Swirt deep water and/ow comfort in the programment of committees must be deep water be	ears of age or olde st be in the water ars and over: s and older are we m Test? for swim indepen water and atinuous front cra	tre swim test conditions of the swim test conditions of the swimmers of the swimmers of the swimmers of the shallow water child visit to the YM	ses from the poo th, at all times. Ra pool, subject to t must:	l deck. If they do n tio: 1 adult per 2 c	ot pass the test, a hildren or 1 adul	ey can swim on the an adult parent or t per 4 children if <u>a</u> ion of swimming a	guardian (14 <u>ıll children</u> are in	
		wii	NTER REGISTRATI	ON DATES - Child	and Youth LAND	PROGRAMS			
	Session		Start to End		Registration Opens	Members	Non-N	/lembers	
	Winter 1 8 Weeks		January 6 - Marc	h 2	Decer	nber 16	December 23		
	Spring 1 8 Weeks		March 3 - May	4	Febru	uary 10	February 17		
	Karate January 6 - March 30 December 18 January Winter 11 weeks								
			WIN	TER REGISTRATIO	N - AQUATICS				
	Session		Start to End		Registration Opens	Members	Non-N	Members	
	Winter 11 Weeks	January 6 - March 2 December 18, 2024 December							
	Spring 11 Weeks		April 7 - June 2	2	Mar	ch 18	Ma	rch 25	

## Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON

flamborough.membership@ymcahbb.ca

905-690-3555

## Flamborough Family YMCA - Schedule at a Glance

January 6, 2025 to March 31, 2025

8:00 PM 8:30 PM 9:00 PM



	Jan	uary 6, 202	25 to Mar	ch 31, 2025					·	
									Shine On	
					MONDA	V			Produc Au	
		GYM1&2	GYM3	STUDIO A	STUDIOB	MULTIPURPOSE A	MULITPURPOSEB	LAP POOL	LEISURE POOL	
	6:00 AM	GIWITAZ	GIMS	STODIOA	310000	MOETIFORFOSEA	MOLITFORFOSEB	LAFFOOL	LLISONEFOOL	
	6:30 AM			Cycle Fit				Lane Swim		
				6:30-7:15 am				6:00 - 8::15 am		
	7:00 AM 7:30 AM	Picl	deball					_		
	8:00 AM	7:00 -	8:45 am							
	8:30 AM	-						Aqua Fit		
	9:00 AM		dy Fit					8:30 - 9:15 am		
	9:30 AM	9:15-	10:00 am	TRX						
	10:00 AM		en Gym	9:30-10:15				_	Open Swim 9:30-10:45	
	10:30 AM 11:00 AM		Ages) 11:15 am	Yoga for Strength 10:30 - 11:30 am						
	11:30 AM		WalkFit		10.50 - 11.50 dill		Lane Swim 9:30- 12:45 pm	Splashers 11:00 - 12:00 pm		
t	12:00 PM		12:15 pm						Open Swim	
	12:30 PM								12:00-12:45 pm	
	1:00 PM	-						Hydrotherapy		
_	1:30 PM	-						1:00 - 1:45 pm		
a	2:00 PM 2:30 PM	-						Lane Swim 2:00 - 2:45 pm	Open Swim	
. in	3:00 PM	Divided (	Open Gym					Community Rental	2:00 -3:45 pm	
e in	3:30 PM	(all	ages)					2:45-3:45 pm		
	4:00 PM	12:45 pr	n-6:30 pm							
	4:30 PM	-		- 1 101 101						
	5:00 PM	-		Zumba Kids JR (Ages 3-5) 5:15 pm - 6:00pm			entals (Ages 6-12) 5:45 pm	Swim Lessons	Swim Lessons	
	5:30 PM 6:00 PM	-		Zumba Kids (Ages 6-12)	Do aleta I inio a Wall		ced (Ages 6 - 12)	4:00 - 7:30 pm	4:00 - 7:30 pm	
	6:30 PM			6:15 pm - 7:00pm	Back to Living Well 6:15 pm - 7:30 pm		6:45 pm			
	7:00 PM			Hatha Yoga		Karate (Volunteer Instructor Class)				
	7:30 PM		ımba n-8:15pm	7:15-8:15pm		7:00 -	745 pm			
	8:00 PM	,spii	. c.15pm					Lane Swim	Open Swim	
	9:00 PM							7:45-9:15	7:45-8:45 pm	
	8:30 PM							_		
	0-3U DW				TUESDA	Υ				
		GYM1&2	CVM2	STUDIO A			MULTIPLIPPOCE P	LAP POOL	LEISURE POOL	
		GIWITAZ	GYM3	STUDIOA	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAPPOOL	LEISURE POOL	
	6:00 AM							Lane Swim		
	6:30 AM 7:00 AM							6:00 - 8:15 am		
	7:30 AM	Divided O	pen Gym							
	8:00 AM	(All A	iges)							
	8:30 AM	7:00-9	:30 am					Aqua Fit		
	9:00 AM			Cycle Fit 9:15 - 10:00 am				8:30 - 9:15 am		
	9:30 AM 10:00 AM	N4	1. 5.	9:15 - 10:00 am	Barre and Tone 9:30 - 10:15am					
	10:30 AM	Muso 10:15-1	1:00 am		7.50 10.154.11					
	11:00 AM							Lane Swim 9:30- 12:45 pm	Open Swim 9:30 - 12:45	
	11:30 AM	Gent 11:30 - 1			Baby & Me 11:30-12:15pm			200 IZ.IDPIII	).50 12. <del>1</del> 5	
	12:00 PM	11-06-11	2.13 pm		11.50-12.15pm					
	12:30 PM							A E''		
	1:00 PM 1:30 PM	Pickl				Ralan	ce Plus	Aqua Fit 1:00 - 1:45 pm		
	2:00 PM	12:30-3	3:00 pm				:00 pm			
	2:30 PM							Lane Swim	Open Swim	
	3:00 PM		pen Gym					2:00 - 3:45	2:00 -345	
	3:30 PM	(All A 3:15-4								
	4:00 PM	5.13-4	ріп							
	4:30 PM	Committee	6	Level 1 Brain Builders (Ages 3-5)						
	5:00 PM	Soccer Level 1 (Ages 6-12)	Soccer Level 1 Ages 3-5)				ers (Ages 3-5) i:15pm	Swim Lessons	Swim Lessons	
	5:30 PM 6:00 PM	(Ages 6-12) Ages 3-3) 5:15-6:15 pm 5:30-6:15 pm				<u> </u>		4:00 - 7:30 pm	4:00 - 7:30 pm	
	2.50 . 141	V Climb (A	uges 6-12)		Boot Camp 6:00-6:45		Brain Builders (Ages 6-12) 6:30-7:30 pm			
	6:30 PM	Y-Climb (A 6:30-7:				0.30-7	L. Dilli			
	7:00 PM			TRX 7:00 - 7:45 pm	Yoga 7:00-8:00 pm					
	7:30 PM			7.00-7.45 pm	7.00-6.00 pm			Master Swim 7:45-8:45	Open Swim	
	8:00 PM								7:45 -8:45	
	8:30 PM						I	Lane Swim		

Mary control   Mary		WEDNESDAY								FRIDAY							
Marketon			STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL		GYM1&2 GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B		LEISURE POOL	
100   100	6:00 AM						Lane Swim / Community		6:00 AM	Strength and Conditioning				-	Rental		
	6:30 AM						Rental							-			
	7:00 AM 7:30 AM						0.00-6.13 a111			Open Gym (All Ages)				-			
Married   Marr	8:00 AM	7:15 - 8:45 am								7:15 - 8:45 am				1			
14	9:00 AM	HIIT							8:30 AM								
Mary	9:30 AM	9:15 - 10:00 am	CORE FIT 9:30 - 10:00 am							<b>Body Fit</b> 9:15-10:00 am					8:30 - 9:15 am		
Martin	10:00 AM 10:30 AM	Open Gym (All Ages)			Yoga								<b>Yoga</b> 9:30 - 10:30 am				
	11:00 AM				10:30-11:30 am		Lane Swim	Open Swim									
Marketon	11:30 AM								11:00 AM								
Control   Cont	12:00 PM	1130 12.13 pm			11:45 - 12:30 pm										9.50-12.45 pm	9.30-12.43	
Property Service   Property S	12:30 PM 1:00 PM						Hydrotherapy										
100   100	1:30 PM						1:00 - 1:45 pm		1:00 PM	Picklohall							
Mary	2:00 PM 2:30 PM	(all ages)						Open Swim							1:00 - 1:45 pm		
	3:00 PM	12:45 - 4:30 pm						2:00-3:45									
Marie	3:30 PM 4:00 PM						2.45-3.45 pm								2:00 - 3:45 pm	2:00-3:45 pm	
1	4:30 PM																
Manufacture	5:00 PM						-										
Market   M		·			+												
Second   S							-		5:30 PM	Divided Open Gym							
March   Marc		· · · · · · · · · · · · · · · · · · ·		6:30-7:15pm						( <b>All Ages</b> ) 3:15-9:00 pm				-	4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	
Control   Cont							Agua Blact							<del>                                     </del>			
Marie   Mari	8:00 PM		7:15 pm - 8:15pm	7:00-8:00 pm													
This color	8:30 PM						Lano Surim							-			
THURSON   1979	9:00 PM														. 8:15-9:15 pm		
	0.371084	THURSDAY															
Control   Cont				IHUKSDI	AY							SATURDA	AY				
Debts   Debt	6:00 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	LAP POOL	LEISURE POOL	MA 00:8	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B		LEISURE POOL	
Mary	6:00 AM 6:30 AM	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL	1	GYM1&2 GYM3	STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL	
Control   Cont	6:30 AM 7:00 AM		STUDIO A			MULTIPURPOSE B	Lane Swim	LEISURE POOL	8:30 AM	SoccerLevel 1 (Ages 3-5)	Cycle Fit		MULTIPURPOSEA  Artventures	s (Ages 6-12)	Lane Swim	LEISURE POOL	
1909   1909	6:30 AM	Divided Open Gym (All Ages)	STUDIO A			MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am	LEISURE POOL	8:30 AM 9:00 AM	SoccerLevel 1 (Ages 3-5)	Cycle Fit		Artventures 9:00-10	s ( <b>Ages 6-12</b> ) 0:00 am	Lane Swim	LEISURE POOL	
1000-1000   1000	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Divided Open Gym (All Ages)				MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit	LEISURE POOL	9:30 AM 9:00 AM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12)	Cycle Fit	STUDIO B	Artventures 9:00-10  Art Spark	s (Ages 6-12) 0:00 am (Ages 3-5)	Lane Swim	LEISURE POOL	
Contact   Cont	6:30 AM 7:00 AM 7:30 AM 8:00 AM	Divided Open Gym (All Ages) 7:00 - 9:30 am	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am Aqua Fit		9:30 AM 9:00 AM 9:30 AM 10:00 AM	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark	s (Ages 6-12) 0:00 am (Ages 3-5)	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
130   130   120   130   120   130   120   130   120   130   120   130   120   130   120   130   120   130	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  Strength & Conditioning	Cycle Fit	STUDIO B		MULTIPURPOSE 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	Soccer Level 1 (Ages 3-5) 9:00-9:45 am Soccer Level 2 (Ages 6-12)	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark	s (Ages 6-12) 0:00 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	Divided Open Gym (All Ages) 7:00 - 9:30 am  Strength & Conditioning	Cycle Fit	STUDIO B		MULTIPURPOSE B	Lane Swim 6:00 - 8:15 am  Aqua Fit 8:30 - 9:15 am	Open Swim 9:30-10:45	9:30 AM 9:30 AM 10:30 AM 10:30 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	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark	s (Ages 6-12) 0:00 am (Ages 3-5)	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
Pricise-bil   Processor   Pr	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	Divided Open Gym (All Ages) 7:00 - 9:30 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit	Cycle Fit	STUDIO B		MULTIPURPOSE 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	9:30 AM 9:30 AM 10:30 AM 10:30 AM 11:30 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	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark 10:15-11	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am	Lane Swim 8:00-8:45 Swim Lessons	Swim Lessons	
1230-300 pm	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM	Divided Open Gym (All Ages) 7:00 - 9:30 am  Strength & Conditioning 10:15 - 11:00 am  Gentle Fit	Cycle Fit	STUDIO B		MULTIPURPOSE 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 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 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	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark 10:15-11	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am	Lane Swim 8:00 -8:45 Swim Lessons 9:00 - 1:00 pm	Swim Lessons	
Composition	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	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		MULTIPURPOSE B	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 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	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark 10:15-11	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am	Lane Swim 8:00 -8:45 Swim Lessons 9:00 - 1:00 pm	Swim Lessons 9:00 - 1:00 pm	
Divided Open Gym   Aff Ages    Divided Open Gym   Aff Ages    Af	6:30 AM 7:00 AM 7:30 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 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	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 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	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark 10:15-11	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 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	
All Ages	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 12:30 PM 12:30 PM 1:30 PM 2:00 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	Cycle Fit	STUDIO B	MULTI PURPOSE A	ancePlus	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	Open Swim 9:30 - 10:45 Splashers 11:00 - 12:00 pm Open Swim 12:00-12:45 pm	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 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 (All Ages) 1:15-2:30 pm  Birthday Party 2 Rental	Cycle Fit 9:15 - 10:00 am ViPR (pre-register)	STUDIO B  Yin Yoga	Artventures 9:00-10  Art Spark ( 10:15-1:  Birthday Pa 12:00-2	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 pm	Lane Swim   8:00-8:45	Swim Lessons 9:00 - 1:00 pm Open Swim 1:15 - 5:15 Birthday Parties	
Substitution   Subs	6:30 AM 7:00 AM 7:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 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	ancePlus	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	9:30 AM 9:00 AM 10:00 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	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 10:15-1  Birthday Pa 12:00-2	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
Sala	6:30 AM 7:00 AM 7:30 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 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  Divided Open Gym (All Ages)	Cycle Fit	STUDIO B	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 10:15-1  Birthday Pa 12:00-2	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
Sispm-615pm BasketballLv1 (Ages 3-5) 530 pm-615pm (530 pm 615pm 600 PM 630 PM 630 PM P) BasketballLv1 (Ages 5-9) (Ages 6-9) (Ages 6-	6:30 AM 7:00 AM 7:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 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  Divided Open Gym (All Ages)	Cycle Fit	STUDIO B	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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)	Yin Yoga 10:15 - 11:15 am	Artventures 9:00-10  Art Spark ( 10:15-1:  Birthday Pa 12:00-2  Birthday Pa 3:00-54	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
BasketballLvl 2 (Ages 6-9) 630 - 730 pm BasketballLvl 3 (Ages 9-1) 7,00 PM R00	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 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	Cycle Fit	STUDIO B	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 10:15-1  Birthday Pa 12:00-2  Birthday Pa 3:00-54	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
Fitness Floor* 7:00 PM Resolve Floor Resolve Fl	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 1:30 PM 2:30 PM 3:30 PM 4:30 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  Basketball Lvl 1 (Ages 6-9) 5:15 pm - 6:15 pm  Basketball Lvl 1 (Ages 5-9) 5:15 pm - 6:15 pm  Basketball Lvl 1 (Ages 3-5)	Cycle Fit 9:15 - 10:00 am	STUDIO B	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 10:15-1  Birthday Pa 12:00-2  Birthday Pa 3:00-54	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
BasketballLv1 3 (Ages 9-12) 7-45-845 pm 7-	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 PM 12:30 PM 13:30 PM 2:30 PM 3:30 PM 4:30 PM 5:00 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	STUDIO B	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 10:15-11:15am  FACILITY Headay - Friday: 6:00	Artventures 9:00-10  Art Spark 10:15-1  Birthday Pa 12:00-2  Birthday Pa 3:00-56  OURS  O am - 9:30 pm	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
7:45-845 7:45-845 Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)  Lane Swim 8:30 PM Sauna & Whirlpool are closed during Swim Lessons.  Pool closes 15 minutes before facility closure.  Registered Programs Registered Child and Youth Programs	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 1:30 PM 2:30 PM 3:30 PM 4:30 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  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	Yoga 9:30 - 10:30 am	MULTI PURPOSE A	ancePlus	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	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 10:15-11:15am  FACILITY Hoday - Friday: 6:00 Saturday: 8:00 am	Artventures 9:00-10 Art Spark 10:15-11 Birthday Pa 12:00-2  Birthday Pa 3:00-50  OURS  O am - 9:30 pm n - 5:30 pm	s (Ages 6-12) 0:00 am (Ages 3-5) 11:00 am arty 1 Rental 2:00 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	
9:00 PM 9:30 PM Pool closes 15 minutes before facility closure.  Registered Programs Registered Child and Youth Programs	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 4:00 PM 4:30 PM 5:30 PM 6:00 PM 6:30 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  Pilates Infusion	MULTI PURPOSE A	ancePlus	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  SwimLessons 4:00-7:30 pm	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 Hoday - Friday: 6:00 Saturday: 8:00 am	Artventures 9:00-10 Art Spark 10:15-11  Birthday Pa 12:00-2  Birthday Pa 3:00-54  OURS  O am - 9:30 pm n - 5:30 pm n - 4:00 pm	arty 1 Rental 2:00 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	
Pool closes 15 minutes before facility closure.  Registered Programs  Registered Child and Youth Programs	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 4:00 PM 4:30 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  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  Pilates Infusion	MULTI PURPOSE A	ancePlus	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  SwimLessons 4:00-7:30 pm	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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: 8:00 am Sunday: 8:00 am - 4:00 pm (Times	Artventures 9:00-10 Art Spark (10:15-1:  Birthday Par 12:00-2  Birthday Par 3:00-5s  OURS  O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Check	s (Ages 6-12) 0:00 am  (Ages 3-5) 11:00 am  arty 1 Rental 2:00 pm  ck In-Branch)	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	
Registered Programs Registered ( hild and Youth Programs	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 1:30 PM 4:30 PM 4:30 PM 5:30 PM 6:30 PM 7:00 PM 7:30 PM 8:30 PM 8:30 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  Pilates Infusion	MULTI PURPOSE A	ancePlus	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  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  SwimLessons 4:00-7:30 pm	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:00 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 Sauna & Wh	FACILITY Hoday - Friday: 6:00 Saturday: 8:00 am Sunday: 8:00 am - 4:00 pm (Times	Artventures 9:00-10  Art Spark 10:15-11  Birthday Pa 12:00-2  Birthday Pa 3:00-56  OURS  O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec during Swim Less	arty 1 Rental 2:00 pm  ck In-Branch) assons.	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	
Drop In Group Fitness Open Swims (Lap or Leisure)	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 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 6:00 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  Pilates Infusion	MULTI PURPOSE A	ancePlus	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  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  SwimLessons 4:00-7:30 pm	9:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 PM 12:30 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	Cycle Fit 9:15-10:00 am  ViPR (pre-register) 10:15-11:00 am  Mon Silidays: 8:00 am Sauna & Wh	FACILITY Hoday - Friday: 6:00 Saturday: 8:00 am - 4:00 pm (Times nirlpool are closed ses 15 minutes bef	Artventures 9:00-10  Art Spark 10:15-11  Birthday Pa 12:00-2  Birthday Pa 3:00-56  OURS  O am - 9:30 pm n - 5:30 pm n - 4:00 pm s May Vary Chec during Swim Less	arty 1 Rental 2:00 pm  ck In-Branch) assons.	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	