

# INDOOR POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes		
8:00 AM	<b>Water Duo</b> 8 - 8:45 am 1 lane		<b>Water Duo</b> 8 - 8:45 am 1 lane		<b>Water Duo</b> 8 - 8:45 am 1 lane	Lap Swim 8 - 9:30 am 4 lanes	
8:45 AM		<b>Power Water</b>		<b>Power Water</b>			
9:00 AM	<b>Aqua Sculpt</b> 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	<b>Aqua Sculpt</b> 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	<b>Aqua Sculpt</b> 9 - 9:45 am No lane		
9:30 AM						<b>Power Water</b>	
9:45 AM		Open/Family Swim		Open/Family Swim		9:30 - 10:30 am 1 lane	
10:00 AM	<b>Twinges in Hinges</b>	9:45 am - 6:30 pm	<b>Twinges in Hinges</b>	9:45 am - 8:45 pm	<b>Twinges in Hinges</b>		
10:30 AM	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	Family Swim 10:30 am - 5:45 pm	
11:00 AM	Open/Family Swim		Open/Family Swim		Open/Family Swim	1 - 2 lanes	
12 Noon	11 am - 8:45 pm		11 am - 8:45 pm		11 am - 8:45 pm		
1:30 PM	1 - 2 lanes		1 - 2 lanes		1 - 2 lanes		Family Swim
4:15 PM							1:30 - 5:45 pm 1 - 2 lanes
6:15 PM							
6:30 PM		<b>Aqua Zumba</b>					
7:15 PM		6:30 - 7:30 pm 1 lane					
7:30 PM		Open Swim					
		7:30 - 8:45 pm 1 - 2 lanes					

Whether there are 1 - 2 lanes is dependent upon the number of people in the pool at the time. Guards will put in a second lane if they are able.

**Open and/or Family Swim** times indicate when children may swim according to the Safety Swim Test Procedures.