



### —RESISTANCE ROOM HOURS—

#### *Monday through Friday*

8:00 AM – 12:00 PM

12:30 AM – 3:30 PM

#### *Saturday*

8:30 AM – 12:00 PM

### —POOL HOURS—

#### *Monday through Friday*

8:00 AM – 11:45 AM

12:30 PM – 4:30 PM

#### *Saturday and Sunday*

8:30 AM – 4:30 PM

### —POOL SCHEDULE—

#### *Monday – Wednesday – Friday, 8:00 am – 12:00 pm, 12:30 pm – 4:30 pm*

8:00 AM – 10:00 AM

Lap Swimming

10:00 AM – 10:45 AM

Water Conditioning Class

11:00 AM – 11:45 AM

Recreational Swimming

12:30 PM – 4:30 PM

Recreational Swimming

#### *Tuesday — Thursday 8:00 am – 12:00 pm and 12:30 pm – 4:30 pm*

8:00 AM – 10:00 AM

Lap Swimming

10:00 AM – 11:45 AM

Recreational Swimming

12:30 PM – 4:30 PM

Recreational Swimming

#### *Saturday 8:30 am – 4:30 pm*

8:30 AM – 10:45 AM

Lap Swimming

11:00 AM – 4:30 PM

Recreational Swimming

#### *Sunday 8:30 am – 4:30 pm*

8:30 AM – 10:45 AM

Lap Swimming

11:00 AM – 4:30 PM

Recreational Swimming

#### *Children's Time*

Monday – Friday

11:00 AM – 12:00 PM

Saturday, Sunday

12:30 NOON – 4:30 PM