



## Monday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM				Open Gym		
6:00 AM				Open Gym		
6:30 AM				Open Gym		
7:00 AM	Open Swim					
7:30 AM						
8:00 AM						
8:30 AM	Lane Swim					
9:00 AM	AquaFit 8:30-9:15am					Group Active 8:15-9:15am
9:30 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am	Outdoor Adventures 8:45-11:30am			Group Power
10:00 AM						
10:30 AM	Open Swim					
11:00 AM						
11:30 AM						
12:00 PM	Adult Swim			**Summer Day Camp		
12:30 PM						
1:00 PM	Lane Swim					
1:30 PM	Camp Swim/ Open Swim					
2:00 PM						
2:30 PM						
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Child and Youth Swim Lessons		Active and Creative Kids 4:45-8:15pm			
5:30 PM		Childminding 4:45-8:30pm		Active and Creative Kids	Outdoor H.I.T.T (Meet in the front Lobby)	Group Power
6:00 PM						
6:30 PM						Group Blast
7:00 PM	Adult Lessons 7:15-8:00pm					
7:30 PM	AquaFit 7:15-8:00pm					Yoga 7:30-8:45pm
8:00 PM	Lane Swim					
8:30 PM	Open Swim					
9:00 PM						

## Tuesday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM				Open Gym		
6:00 AM				Open Gym		
6:30 AM				Open Gym		
7:00 AM						
7:30 AM	Lane Swim					
8:00 AM	Open Swim					
8:30 AM	AquaFit 7:00-7:45am					
8:30 AM	Open Swim					Active Agers 8:30-9:15am
9:00 AM						
9:30 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am	Outdoor Adventures 8:45-11:30am			Yoga 9:30-10:45am
10:00 AM						**Prent-Fri H.I.T.T. 9:30-10:30am (Cardio Rm)
10:30 AM	Open Swim			**Summer Day Camp		
11:00 AM						
11:30 AM	Adult Swim/ Gentle Joints				Chair Yoga 11:00-11:45am	
12:00 PM						
12:30 PM						
1:00 PM	Lane Swim					
1:30 PM	Camp Swim/ Open Swim					
2:00 PM						
2:30 PM						
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM	Child and Youth Swim Lessons*		Active and Creative Kids 4:45-8:15pm			
5:00 PM						
5:30 PM		Childminding 4:45-8:30pm		*Active Start Soccer (3-5yrs)		Group Active
6:00 PM				*FUNDamentals (6-8yrs) 6:35-7:20pm		
6:30 PM						TRX
7:00 PM	Lane Swim					
7:30 PM	Open Swim					
8:00 PM						
8:30 PM						
9:00 PM						

## Wednesday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM				Open Gym		
6:00 AM				Open Gym		
6:30 AM				Open Gym		
7:00 AM	Open Swim					
7:30 AM						
8:00 AM						
8:30 AM	Lane Swim					
9:00 AM	AquaFit 8:30-9:15am					Group Active 8:15-9:15am
9:30 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am	Outdoor Adventures 8:45-11:30am			Group Cycle
10:00 AM						Group Core
10:30 AM	Open Swim			**Summer Day Camp		
11:00 AM						
11:30 AM	Adult Swim					
12:00 PM						
12:30 PM						
1:00 PM	Lane Swim					
1:30 PM	Camp Swim/ Open Swim					
2:00 PM						
2:30 PM						
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM	Child and Youth Swim Lessons* 4:40-7:15pm					
5:00 PM						
5:30 PM	Splashes & Bubbles 5:45-6:15pm	Childminding 4:45-8:30pm	Active and Creative Kids 4:45-8:15pm		Active and Creative Kids	Group Cycle
6:00 PM						Group Core
6:30 PM						
7:00 PM	Lane Swim					
7:30 PM	AquaFit 7:15-8:00pm					Boot Camp
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						

## Thursday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM				Open Gym		
6:00 AM				Open Gym		
6:30 AM				Open Gym		
7:00 AM	Open Swim					
7:30 AM	AquaFit 7:00-7:45am					
8:00 AM	Open Swim					
8:30 AM	Lane Swim					
9:00 AM	AquaFit 8:30-9:15am					
9:30 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am	Outdoor Adventures 8:45-11:30am			Group Power
10:00 AM						
10:30 AM	Open Swim					
11:00 AM						
11:30 AM	Adult Swim					
12:00 PM	Gentle Joints			**Summer Day Camp		
12:30 PM						
1:00 PM	Lane Swim					
1:30 PM	Camp Swim/ Open Swim					
2:00 PM						
2:30 PM						
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						Group Blast
6:00 PM		Childminding 4:45-8:30pm	Active and Creative Kids 4:45-8:15pm			
6:30 PM				Open Gym		Group Power
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

## Friday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM				Open Gym		
6:00 AM				Open Gym		
6:30 AM				Open Gym		
7:00 AM	Open Swim					
7:30 AM						
8:00 AM						
8:30 AM	Lane Swim					Group Power 8:15-9:15am
9:00 AM	AquaFit 8:30-9:15am					
9:30 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am				
10:00 AM						
10:30 AM	Open Swim					
11:00 AM						
11:30 AM	Adult Swim			**Summer Day Camp		
12:00 PM						
12:30 PM						
1:00 PM	Lane Swim					
1:30 PM	Camp Swim/ Open Swim					
2:00 PM						
2:30 PM						
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Lane Swim		**Fri-Y 3-12yrs (ask for dates)	*Karate 5-8yrs		
6:00 PM	Open Swim			*Karate 9-13yrs		Boot Camp
6:30 PM						
7:00 PM	AquaFit 7:15-8:00pm			Fri-Y		
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

## Saturday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
7:00 AM						
7:30 AM	Open Swim					
8:00 AM						
8:30 AM	AquaFit 8:30-9:15am					
9:00 AM	Splashes & Bubbles	Childminding 8:45am-12:15pm	Active and Creative Kids 8:45am-12:15pm	A & C Kids		Group Core
9:30 AM						
10:00 AM	Open Swim					Group Power
10:30 AM						
11:00 AM	Lane Swim			Open Gym		
11:30 AM						
12:00 PM						
12:30 PM	Gentle Joints					
1:00 PM	1:00-1:45pm					
1:30 PM						
2:00 PM	Open Swim					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						

## Sunday

Time	Pool	Basement	Multipurpose	Gym	Studio B	Studio A
9:00 AM						
9:30 AM	Lane Swim					
10:00 AM	AquaFit 9:15-10am					
10:30 AM						
11:00 AM				Pickleball		Group Active
11:30 AM				Open Gym		
12:00 PM				Open Gym		
12:30 PM			BirthDay Parties**	BirthDay Parties**		
1:00 PM	Open Swim					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			BirthDay Parties**	BirthDay Parties**		
3:30 PM						
4:00 PM						
4:30 PM				Open Gym		
5:00 PM						

	Parent & Tot (6 months - 3 years)		Adult (14+ unless indicated)
	Preschool (3 - 5 years)		Adult (14+ unless indicated)
	Child (6-9 years)		All Ages
	Child/Youth (6 - 13 years)		

### Hours of Operation

Monday - Friday: 5:30am - 9:00pm  
 Saturday: 7:00am - 5:00pm  
 Sunday: 9:00am - 5:00pm  
 Statutory Holidays: 8:00am - 4:00pm

All program areas close 15 minutes before building closure.