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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity/Class** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Lap Swim**  | **1:00 pm –**  **4:30 pm** | **5:30 am-****8:30 pm** | **5:30 am-****8:30 pm** | **5:30 am-****8:30 pm** | **5:30 am-****8:30 pm** | **5:30 am-****8:30 pm**  | **7:00 am-****5:30 pm** |
| **Open Swim**  | **1:00 pm-****4:30 pm** | **7:00 pm –****8:00 pm** | **6:00 pm –****8:30 pm** | **6:00 pm –****8:30 pm** | **6:00 pm –****8:30 pm** | **6:00 pm –****8:30 pm** | **1:00 pm-****5:30 pm**  |
| **Aqua Motion** |  | **9:30 am –****10:30 am** |  | **9:30 am –****10:30 am** |  | **9:30 am -10:30 am** |  |
| **H.I.I.T Aqua** **Class** |  |  |  | **8:30 am-****9:15 am** |  | **8:30 am-****9:15 am** |  |
| **Aqua Fit****Class** |  | **6:00 pm-****6:45 pm** |  |  |  |  | **9:30 am-****10:15 am** |
| **Aqua Core and Condition Class** |  | **6:00 am-****6:45 am** |  | **6:00 am-****6:45 am** |  | **6:00 am-****6:45 am** |  |
| **Aqua Arthritis****Class** |  | **10:30 am-****11:15 am** |  | **10:30 am-****11:15 am** |  | **10:30 am-****11:15 am** |  |
| **Parent & Child Swim****(Youth under the age of 15)** |  | **12:00 pm-****5:00pm** | **12:00 pm-****5:00pm** | **12:00 pm-****5:00pm** | **12:00 pm-****5:00pm** | **12:00 pm-****5:00pm** |  |

* The indoor pool schedule may be subject to change at any time.
* Lane 6 can be utilized for individual’s aquatic workouts, if no class or open swim is scheduled.
* The schedule is updated as of **September 25, 2024.**