



WATER SCHEDULE

MAY - JUNE

EXERCISE POOL

TOTAL LENGTH = 20 YARDS • 44 LAPS (88 LENGTHS) = 1 MILE

87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADULT SWIM 4:00am-9:00am	ADULT SWIM 4:00am-5:30am	ADULT SWIM 4:00am-10:00am	ADULT SWIM 4:00am-8:55am
WATER BOOT CAMP ☼★● 9:15am-10:00am	WATER ☼★ 5:30am-6:25am	WATER ☼★ 10:00am-10:55am	TABATA IN THE POOL ☼★● 9:00am-9:45am
ADULT SWIM 10:00am-2:00pm	ADULT SWIM 6:30am-11:00am	OPEN SWIM 11:00am-4:00pm	WATER ★ 10:00am-10:55am
OPEN SWIM 2:00pm-6:00pm	JOINT EFFORT ★ 11:00am-11:55am	SWIM LESSONS ★● 4:00pm-5:10pm	OPEN SWIM 11:00am-4:00pm
AQUA ZUMBA® ★ 6:15pm-7:00pm	OPEN SWIM 12:00pm-4:00pm	TABATA IN THE POOL ☼★● 5:10pm-5:55pm	ADULT SWIM 4:00pm-5:00pm
ADULT SWIM 7:00pm-8:30pm	SWIM LESSONS ★● 4:30pm-7:15pm	AQUA ZUMBA® ☼★ 6:00pm-6:55pm	SWIM LESSONS ★● 5:10pm-7:15pm
	ADULT SWIM 7:30pm-8:30pm	ADULT SWIM 7:00pm-8:30pm	ADULT SWIM 7:30pm-8:30pm
FRIDAY	SATURDAY	SUNDAY	NOTES
ADULT SWIM 4:00am-8:15am	ADULT SWIM 6:30am-8:00am	ADULT SWIM 6:30am-11:00am	<p>★ No swimming the pool is reserved for classes.</p> <p>● Registration and/or additional fee may apply. <i>*Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.</i></p> <p>☼ In case of inclement weather, pool will be used for classes at this time.</p> <p>Outdoor pool classes begin in June. Please see Memorial Day Holiday Weekend Hours for pool times.</p>
WATER ★ 8:15am-9:10am	WATER ☼★ 8:00am-8:55am	OPEN SWIM 11:00am-4:00pm	
AQUA ZUMBA® ☼★ 9:30am-10:25am	AQUA ZUMBA® ☼★ 9:05am-10:00am	ADULT SWIM 4:00pm-5:30pm	
ADULT SWIM 10:30am-2:00pm	SWIM LESSONS ★● 10:10am-12:10pm		
OPEN SWIM 2:00pm-7:30pm	OPEN SWIM 12:30pm-4:00pm		
	ADULT SWIM 4:00pm-5:30pm		
JUNE OUTDOOR POOL WORKSHOPS			
<p>Sunday, June 14 • 9:30am Glide Fit Yoga</p> <p>Thursday, June 17 • 6:00pm Poolside Total Core</p> <p>Thursday, June 24 • 6:00pm Deep Water Fit</p> <p>Wednesday, June 30 • 7:00pm Poolside DJ Cycle Party</p> <p><i>Sign up at the Front Desk.</i></p>			

LAP POOL

TOTAL LENGTH = 25 YARDS • 35 LAPS (72 LENGTHS) = 1 MILE

80°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADULT SWIM 4:00am-8:30pm	ADULT SWIM 4:00am-6:15pm	ADULT SWIM 4:00am-8:30pm	ADULT SWIM 4:00am-5:45am
	SWIM LESSONS ★● 6:30pm-7:25pm		GLIDE FIT ★● 5:45am-6:30am
	ADULT SWIM 7:30pm-8:30pm		ADULT SWIM 7:00am-6:15pm
			SWIM LESSONS ★● 6:30pm-7:25pm
FRIDAY	SATURDAY	SUNDAY	ADULT SWIM 7:30am-8:30pm
ADULT SWIM 4:00am-7:30pm	ADULT SWIM 6:30am-5:30pm	ADULT SWIM 6:30am-5:30pm	