

## Facility Schedule

**Dec 18-24, 2023**

| Public Swim                          | Monday<br>Dec 18th | Tuesday<br>Dec 19th | Wednesday<br>Dec 20th | Thursday<br>Dec 21st | Friday<br>Dec 22nd | Saturday<br>Dec 23rd | Sunday<br>Dec 24th |
|--------------------------------------|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|
| Public Swim                          | 6am-10pm           | 6am-10pm            | 6am-10pm              | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |
| Length Swim<br>Sauna & Swirl<br>Pool | 6am-10pm           | 6am-10pm            | 6am-10pm              | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |
| Aqua Fitness                         | Monday             | Tuesday             | Wednesday             | Thursday             | Friday             | Saturday             | Sunday             |
| 8:30am                               | Power Deep         |                     |                       |                      |                    |                      |                    |
| 9:00am                               |                    | Power Deep          |                       | Power Deep           |                    |                      |                    |
| 9:30am                               | Tidal Toner        |                     |                       |                      |                    |                      |                    |
| 10:00am                              |                    | Tidal Toner         |                       | Tidal Toner          |                    |                      |                    |
| 1:00pm                               |                    | Gentle Fit          | Gentle Fit            |                      |                    |                      |                    |
| Weight Room                          | Monday             | Tuesday             | Wednesday             | Thursday             | Friday             | Saturday             | Sunday             |
|                                      | 6am-10pm           | 6am-10pm            | 6am-10pm              | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |

**Dec 25 –31, 2023**

| Public Swim                          | Monday<br>Dec 25th | Tuesday<br>Dec 26th | Wednesday<br>Dec 27th                      | Thursday<br>Dec 28th | Friday<br>Dec 29th | Saturday<br>Dec 30th | Sunday<br>Dec 31st |
|--------------------------------------|--------------------|---------------------|--|----------------------|--------------------|----------------------|--------------------|
| Public Swim                          | CLOSED             | 8am-4pm             | 6am-10pm                                   | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |
| Length Swim<br>Sauna & Swirl<br>Pool | CLOSED             | 8am-4pm             | 6am-10pm                                   | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |
| Aqua Fitness                         | Monday             | Tuesday             | Wednesday                                  | Thursday             | Friday             | Saturday             | Sunday             |
| 1:00pm                               |                    |                     | Gentle Fit*<br>*limited spots<br>available |                      |                    |                      |                    |
| Weight Room                          | Monday             | Tuesday             | Wednesday                                  | Thursday             | Friday             | Saturday             | Sunday             |
|                                      | CLOSED             | 8am-4pm             | 6am-10pm                                   | 6am-10pm             | 6am-9pm            | 8am-5:30pm           | 8am-4pm            |

**Jan 1-7, 2024**

| Public Swim                          | Monday<br>Jan 1st | Tuesday<br>Jan 2nd                         | Wednesday<br>Jan 3rd                       | Thursday<br>Jan 4th | Friday<br>Jan 5th | Saturday<br>Jan 6th | Sunday<br>Jan 7th |
|--------------------------------------|-------------------|--|--|---------------------|-------------------|---------------------|-------------------|
| Public Swim                          | 1-5pm             | 6am-10pm                                   | 6am-10pm                                   | 6am-10pm            | 6am-9pm           | 8am-5:30pm          | 8am-7:30pm        |
| Length Swim<br>Sauna & Swirl<br>Pool | 1-5pm             | 6am-10pm                                   | 6am-10pm                                   | 6am-10pm            | 6am-9pm           | 8am-5:30pm          | 8am-7:30pm        |
| Aqua Fitness                         | Monday            | Tuesday                                    | Wednesday                                  | Thursday            | Friday            | Saturday            | Sunday            |
| 7:45am                               |                   | Tidal Toner                                |  |                     |                   |                     |                   |
| 8:45am                               |                   | Power Deep                                 |  |                     |                   |                     |                   |
| 1:00pm                               |                   | Gentle Fit*<br>*limited spots<br>available | Gentle Fit*<br>*limited spots<br>available |                     |                   |                     |                   |
| Weight Room                          | Monday            | Tuesday                                    | Wednesday                                  | Thursday            | Friday            | Saturday            | Sunday            |
|                                      | 1-5pm             | 6am-10pm                                   | 6am-10pm                                   | 6am-10pm            | 6am-9pm           | 8am-5:30pm          | 8am-7:30pm        |

Minimum 1 lane available during Length Swim

All children under the age of 7 must be within arm's reach of an adult (16+yrs) at all times. (1 adult to a maximum of 3 children).

Diving board, climbing wall & mat walk are open during peak times; programs & other activities permitting

Limited Main Pool Space will be available for Public/Length Swim use during Aqua Fitness times