

## Facility Schedule

**January 29 to March 17, 2024**

|   | Monday  | Tuesday     | Wednesday | Thursday    | Friday     | Saturday | Sunday  |
|---|---|-------------|-----------|-------------|------------|----------|---------|
| Public & Length Swim, Steam, Sauna, Swirl   | 6am -10pm<br>1 lane or more available dependent on available space    |             |           |             |            | 7am-9pm  | 8am-9pm |
| Water Walking Lane  | 6am – 9am & 8:30pm -10pm  |             |           |             |            |          |         |
| All children under the age of 7 must be within arm’s reach of an adult (16yrs+) at all times. (1 adult to a maximum of 3 children)<br>Diving Boards are open during peak times; programs & other activities permitting. |   |             |           |             |            |          |         |
| AQUA FITNESS  | Monday  | Tuesday     | Wednesday | Thursday    | Friday     | Saturday | Sunday  |
| 8:15am  |   | Power Deep  |           | Power Deep  | Power Deep |          |         |
| 9:30am  |   | Tidal Toner |           | Tidal Toner |            |          |         |
| Shallow water classes maximum capacity of 60 people. Deep water classes maximum capacity of 25 people   |   |             |           |             |            |          |         |
| WEIGHT ROOM   | Monday  | Tuesday     | Wednesday | Thursday    | Friday     | Saturday | Sunday  |
| Weight Room   | 6am-10pm  |             |           |             |            | 7am-9pm  | 8am-9pm |
| Attendant   | Weight room attendant available during majority of weight room hours. |             |           |             |            |          |         |

**May I see some ID, Please?** It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

**Schedules are subject to change without notice**