

Facility Schedule

Jan 6 – Mar 16, 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Sauna, Swirl		6am -10pm					7am-9pm	8am-9pm
Water Walking Lane		11am – 12pm		11am – 12pm		11am – 12pm		
TGIF Family Fun Night						7pm-8:30pm		

1 lane or more available dependent on available space during Public and Length Swims

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)

Diving Board and Rock Wall are open during peak times; programs & other activities permitting.

AQUA FITNESS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am		Power Deep		Power Deep				
8:30am		Tidal Toner		Tidal Toner				
10:30am			Power Deep			Power Deep		
11:30am			Rusty Hinges		Rusty Hinges			
12pm		Tidal Toner* *45min class		Power Deep				
12:45pm		Rusty Hinges* *45min class						

Shallow water classes maximum capacity of 25 people. Deep water classes maximum capacity of 15 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.						

Schedules are subject to change without notice