

## Facility Schedule

**Sept 30 – Dec 22, 2024**

	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* *45min class		Power Deep	Power Deep* *45min class	Power Deep		
8:30am			Tidal Toner		Tidal Toner		
9:30am			Power Deep		Power Deep		
11:30am		Rusty Hinges		Rusty Hinges			
12pm	Tidal Toner* *45min class						
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