

Facility Schedule

April 7 - June 15, 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		
Sensory Friendly Swims						2 nd Saturday of every month 6-7pm	

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	Power Deep*			
8:30am			Tidal Toner				
9:00am	Tidal Toner <i>No class April 7</i>	Rusty Hinges*					
9:45am		Tidal Toner*					
10:15am	Rusty Hinges <i>No class April 7</i>						
10:45am		Power Deep			Power Deep		
11:30am				Rusty Hinges			
7:00pm							Liquid Cardio*
7:45pm							Tidal Toner*

Shallow water classes maximum capacity of 25 people. Deep water classes maximum capacity of 15 people
Classes with an Asterix* are 45mins

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

MAINTENANCE CLOSURE – JUNE 16 – 29, 2025