

## Facility Schedule

**Mar 31 - Jun 29, 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Sauna, Swirl	6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Water Walking Lane	6am-12pm	6am-12pm	6am-8am / 10am-12pm	6am-8am / 9:45-12pm	6am-8am / 9:45-12pm		
Moonlight Swim		9pm-10pm		9pm-10pm			
TGIF Family Fun Night					7-8:30pm		
Sensory Friendly Swims							1st Sunday of every month 6:30-7:30pm

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 Boards are open during peak times; programs & other activities permitting.

AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
7:30am				Power Deep	Power Deep		
8:15am			Tidal Toner				
8:45am				Tidal Toner	Rusty Hinges		
9:30am			Power Deep				
12:00pm	Gentle Fit		Gentle Fit				

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				6am-9pm	8am-5:30pm	8am-7:30pm
Attendant	Weight room attendant available during majority of weight room hours.						

Schedules are subject to change without notice