

Facility Schedule

June 30 – July 27, 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Sauna, Swirl		6am -10pm					7am-9pm	8am-9pm
Water Walking Lane		1-2pm		1-2pm		1-2pm		
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			Free Flow Aquatic Fitness* <i>*SELF LED; music and space provided</i>		Free Flow Aquatic Fitness* <i>*SELF LED; music and space provided</i>			
8:00am						Power Deep		
6:45pm								Tidal Toner
7:45pm								Liquid Cardio
Shallow water classes maximum capacity of 20 people. Deep water classes maximum capacity of 10 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