

Facility Schedule

Sept 15 - Dec 21, 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		Rusty Hinges		
8:30am			Tidal Toner	Power Deep	Power Deep		
9:30am				Tidal Toner	Tidal Toner		
12:00pm	Rusty Hinges						
6:00pm							Liquid Cardio
Shallow water classes maximum capacity of 25 people. Deep water classes maximum capacity of 15 people							

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WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Weight Room		6am-10pm					8am-9pm	
Attendant		Weight room attendant available during majority of weight room hours.						

Schedules are subject to change without notice