

## Facility Schedule

**March 14 – June 26, 2022**

<b>PUBLIC SWIM</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Length Swim, Steam, Sauna, Swirl	6am-10pm 1 lane or more available dependent on available space					7am-9pm	8am-9pm
Water Walking Lane	M-F - 6-9am & 8:15-10pm - 1 lane designated for water walking						
Public Swim	6am-10pm					7am-9pm	8am-9pm
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.							
<b>AQUA FITNESS</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
8:15am		Power Deep			Power Deep		
9:30am	Tidal Toner			Tidal Toner	Tidal Toner		
7:30pm		Tidal Toner		Tidal Toner			
Aquafit	Shallow water classes max 30 people. Deep water classes 20 people. Bands will be given out within 2 hours of the start of the class						
<b>WEIGHT ROOM</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Weight Room	6am-10pm					7am-9pm	8am-9pm
Attendant	Weight room attendant available during majority of weight room hours.						
Cycle Fit							
<a href="#">View Arena Weekly Public Skate Schedule</a>							

**May I see some ID, Please?** It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

**Schedules are subject to change without notice.**