

# LAP POOL

Water Joggers Mon-Fri 9:30-11:00am slide lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Rec Swim 1:30-5:00pm</b>	5:00-7:55am 6 lanes lap	5:00-11:00am 6 lanes lap	5:00-7:55am 6 lanes lap	5:00-11:00am 6 lanes lap	5:00-7:55am 6 lanes lap	8:00-10:30am 6 lanes lap
	7:55am-9:00am 2 lanes lap 4 Water Ex		7:55am-9:00am 2 lanes lap 4 Water Ex		7:55am-9:00am 2 lanes lap 4 Water Ex	
	9:00am-1:00pm 6 lanes lap	11:00am-1:50pm 5 lanes lap 1 lane lessons	9:00am-1:00pm 6 lanes lap	11:00am-1:50pm 5 lanes lap 1 lane lessons	9:00am-1:00pm 6 lanes lap	10:30-1:15pm 4 lanes lap 2 lanes lessons
	<b>Rec Swim 1:00-4:00pm</b>	1:50-4:30pm 6 lanes lap	1:50-4:30pm 6 lanes lap	1:50-4:30pm 6 lanes lap	<b>Rec Swim 1:00-4:00pm</b>	<b>1:30-5:00pm Rec Swim 1 lap lane</b>
	4:30-6:30pm 1 lane lap 1 lane lessons 4 Dolphins	4:30pm-6:00pm 1 lanes lap 1 lane lessons 4 Dolphins	4:30-6:30pm 1 lane lap 1 lane lessons 4 Dolphins	4:30pm-6:00pm 1 lanes lap 1 lane lessons 4 Dolphins	4:30-6:30pm 1 lane lap 1 lane lessons 4 Dolphins	
	6:30pm-8:00pm 6 lanes lap	6:00pm-7:00pm 1 lane lessons 1 lane lap 4 Water Ex	6:30pm-8:00pm 6 lanes lap	6:00pm-7:00pm 1 lane lessons 1 lane lap 4 Water Ex	6:30pm-8:00pm 6 lanes lap	
7:00-8:00pm 6 lanes lap		7:00-8:00pm 6 lanes lap				

# SPA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:30-5:00pm Rec Swim</b>	5:30am-1:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-1:00am	9:00am-1:30pm
	<b>1:00-4:00pm Rec Swim</b>				<b>1:00-4:00pm Rec Swim</b>	
	4:00pm-8:00pm				4:00pm-8:00pm	<b>1:30-5:00pm Rec Swim</b>

<b>WADE POOL -</b> The wade pool is for children 5 and under <u>with an adult present at all times.</u>	Monday-Friday 5:30am-8:00pm Saturday 9:00am-5:00pm Sunday 1:30-5:00pm.
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During non rec swim times youth must be accompanied by an adult and no more than two youth per one adult

We do the best we can to ensure all information is accurate according to each season. The schedule may be subject to last minute changes.

## Leisure Pool and River Availability

\*River current is subject to change depending on swim lessons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:30-5:00pm Rec Swim</b>	5:00-6:00am	5:00-8:00am	5:00-6:00am	6:00-8:00am	5:00-6:00am	8:00-10:25am
	6:00-7:00am Exercise Class		6:00-7:00am Exercise Class		6:00-7:00am Exercise Class	
	7:00-8:00am	8:00-10:00am Exercise Class	7:00-8:00am	8:00-10:00am Exercise Class	7:00-8:00am	10:25-1:50pm Swim lessons*
	8:00-10:00am Exercise Class		8:00-10:00am Exercise Class		8:00-10:00am Exercise Class	
	10:00-1:00pm	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-1:00pm	
	<b>1:00-4:00pm Rec Swim</b>	11:00-1:50pm Swim lessons*	11:00-1:50pm Swim lessons*	11:00-1:50pm Swim lessons*	<b>1:00-4:00pm Rec Swim</b>	
	4:00-6:00pm Swim lessons*	1:50-8:00pm	1:50-4:00pm	1:50-8:00pm	4:00-6:00pm Swim lessons*	<b>1:30-5:00pm Rec Swim</b>
	6:00-7:00pm <b>Exercise class pool closed</b>		4:00-6:00pm Swim lessons*		6:00-7:00pm <b>Exercise class pool closed</b>	
7:00-8:00pm			7:00-8:00pm		7:00-8:00pm	

## Therapy Pool

Therapy pool may be closed if over 15 in JE class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Rec Swim 1:30-5:00pm</b>	5:00-9:00am	5:00-9:00am	5:00-9:00am	5:00-9:00am	5:00-9:00am	9:00am-1:30pm
	9:00-10:00am Joint Efforts	9:00-10:00am Joint Efforts	9:00-10:00am Joint Efforts	9:00-10:00am Joint Efforts	9:00-10:00am Joint Efforts	
	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	
	11:00-12:00pm Joint Efforts	11:00-12:00pm Joint Efforts	11:00-12:00pm Joint Efforts	11:00-12:00pm Joint Efforts	11:00-12:00pm Joint Efforts	11:00-12:00pm Joint Efforts
	12:00-1:00pm	12:00-8:00pm	12:00-8:00pm	12:00-8:00pm	12:00-1:00pm	
	<b>1:00-4:00pm Rec Swim</b>				<b>1:00-4:00pm Rec Swim</b>	
	4:00-8:00pm				4:00-8:00pm	

**Recreational Swim:** Monday 1:00-4:00pm; Friday 1:00-4:00pm; Saturday 1:30-5:00pm; Sunday 1:30-5:00pm

Children are allowed in pools during non-recreation (rec) swim times and after 11 am when accompanied by an adult in the water at all times.

Slide, Rope Swing & Fountain open during recreation swims only.