

March, 2019

Building Schedule

pool

MONDAY

6:30 - 7:30 am	Lap Swim
7:30 - 8:45 am	Open Plunge
8:45 - 9:30 am	Water Aerobics
9:30 - 10:30 am	Open Plunge
10:30 - 11:15 am	Arthritis Exercise
11:45 - 12:45 pm	Lap Swim
12:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Energy Splash
5:30 - 7:00 pm	Family Plunge

TUESDAY

6:30 - 7:15 am	Water Aerobics
7:15 - 8:00 am	Lap Swim
8:00 - 8:45 am	Water Aerobics
8:45 - 9:30 am	Water Aerobics
9:30 - 10:15 am	Open Plunge
10:15 - 11:00 am	Lap Swim/Open Plunge
11:00 - 11:45 am	Deep Water Aerobics
11:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 7:00 pm	Youth Swim Lessons

WEDNESDAY

6:30 - 8:00 am	Lap Swim
8:00 - 8:45 am	Open Plunge
8:45 - 9:30 am	Water Aerobics
9:30 - 10:30 am	Open Plunge
10:30 - 11:15 am	Arthritis Exercise
11:45 - 12:45 pm	Lap Swim
12:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Energy Splash
5:30 - 7:00 pm	Family Plunge

THURSDAY

6:30 - 7:15 am	Water Aerobics
7:15 - 8:00 am	Lap Swim
8:00 - 8:45 am	Water Aerobics
8:45 - 9:30 am	Water Aerobics
9:30 - 10:15 am	Open Plunge
10:15 - 11:00 am	Lap Swim/Open Plunge
11:00 - 11:45 am	Deep Water Aerobics
11:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 7:00 pm	Youth Swim Lessons

FRIDAY

6:30-8:45 am	Lap Swim
8:45-9:30 am	Water Aerobics
9:30 - 10:30 am	Open Plunge
10:30 - 11:15 am	Arthritis Exercise
11:15 - 12noon	Preschool Swim
12noon - 1:30pm	Open Plunge
1:30 - 2:30 pm	Montessori
2:30 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Energy Splash

SATURDAY

7:30 - 8:15 am	Water Aerobics
8:15 - 9:00 am	Family Plunge
9:00 - 12noon	Youth Swim Lessons

gymnasium

MONDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	3000 X
1:00 - 4:00 pm	OPEN
4:00 - 8:00 pm	Rental*
5:00 - 6:00 pm	Yoga*
6:10 - 8:00 pm	Belly Dance
6:45 - 7:45 pm	Tae Kwon Do*

TUESDAY

7:45 - 11:00 am	OPEN
1:00 - 4:00 pm	OPEN
4:30 - 7:45 pm	Rental
5:30 - 7:45 pm	Gymnastics*

WEDNESDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	3000 X
1:00 - 3:45 pm	OPEN
4:15 - 6:30 pm	Rental
5:00 - 6:00 pm	Yoga*
6:45 - 7:45 pm	Tae Kwon Do

THURSDAY

7:45 - 11:00 am	OPEN
1:00 - 4:00 pm	OPEN
4:30 - 7:45 pm	Rental
5:30 - 7:45 pm	Dance*

FRIDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers Yoga
12:05 - 12:50 pm	3000 X
1:00 - 5:00 pm	OPEN

SATURDAY

9:00 am - 1:30 pm	OPEN
1:30 - 3:00 pm	Rental

*see front desk for location of class

Special events and circumstances sometimes affect scheduled open gym, open swim and class times. Changes may occur with little notice and while we will do our best to notify you of these changes, please do not hesitate to ask the Front Desk or Control Center Attendant for a schedule or the day's activities.

body shop

MONDAY

6:00 am - 7:00 pm	OPEN
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TUESDAY

6:00 am - 10:30 am	OPEN
10:30 - 11:15 am	Back to Basics Circuit Training
11:15am - 7:45 pm	OPEN

WEDNESDAY

6:00 am - 7:00 pm	OPEN
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THURSDAY

6:00 am - 10:30 am	OPEN
10:30 - 11:15 am	Back to Basics Circuit Training
11:15am - 7:45 pm	OPEN

FRIDAY

6:00 am - 7:00 pm	OPEN
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SATURDAY

7:30 am - 3:00 pm	OPEN
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Changes to March pool schedule:

Wednesday, March 6, 13

Pool open 8:15am-1:00pm & 4:00-5:30pm

Thursday, March 7, 14

Pool closed 1:00-1:30pm

Friday, March 8, 15

Pool open 1:30-5:30pm only

Monday, March 11

Pool closes at 1:00pm

Tuesday, March 12

Pool closed 1:00-1:30pm

Wednesday, March 20

Pool closed 6:30-8:15am

Thursday, March 21

Children in the pool 1:30-3:30pm*

Friday, March 22

Children in the pool 1:30-2:30pm*

*Pool closed to others at this time.

World's Greatest Spring Break Swim Times:

Children & Adults in the Pool

Mon, Mar 18	2:00-4:30pm
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Tue, Mar 19	11:30am-3:30pm
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Wed, Mar 20	2:00-4:30pm
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