



FITNESS POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	Closed	Independent Aqua Exercise 6am - 8am					Independent Aqua Exercise 6am - 9am
6:30							
7:00							
7:30							
8:00		Aquatic Programming 8am - 11am *2 Lanes available for Lap Swim					Aquatic Programming 9am - Noon
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Noon	Independent Aqua Exercise 11am - 4pm					Closed	
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	Cardinal Swim Team Practice 4pm - 5:30pm					Closed	
4:30							
5:00							
5:30	Aquatic Programming 5:30pm - 8:00pm *2 Lanes available for Lap Swim						
6:00							
6:30							
7:00							
7:30							

Aquatic Programming: Water Aerobics Classes, Swim Lessons, Swim Club, Water Wellness Programming

Independent Aqua Exercise: Lap Swimming, Water Walking, Free Swim, Individual Water Aerobics

*Pool closing announced 30 minutes prior to building closing. All swimmers out of water 15 minutes prior to close.

*Cardinal Swim Team Practice is seasonal (October - February). During the off-season, Independent Aqua Exercise is available.

* Pool hours and activities may be occasional impacted by special events.



FAMILY POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Noon	Family Recreational Swim Noon - 6pm	Closed					Family Recreational Swim Noon - 6pm
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	Family Recreational Swim 4pm- 8pm					Closed	
5:30							
6:00							
6:30							
7:00							
7:30							
Closed							
Closed							
Closed							
Closed							

Family Recreational Swim: Water Features turned on, open to all families

- *Water Features turned off 15 minutes prior to building closing.
- *Pool closing announced 30 minutes prior to building closing.
- *All swimmers out of water 15 minutes prior to close.
- *Pool hours and activities may be occasionally impacted by special events.