



April 8-May 18, 2024

Tea/Ellis Location

	OPEN SWIM	LAP SWIM	ZERO DEPTH	WATER EXERCISE	SWIMMING LESSONS
Sunday	N/A	N/A	N/A	N/A	N/A
Monday	5AM – 9:15AM 10AM - 5:45PM 6:30PM-8:45PM	5AM – 9:15AM 10AM - 5:45PM 6:30PM-8:45PM	5 AM –8:45PM	TOTAL BODY H2O 9:15AM -10AM HIGH POWER 5:45PM-6:30PM	N/A
Tuesday	5 AM –9:15AM 10AM-1PM 1:45PM-5:45PM 6:30PM - 8:45PM *Partial Pool Closures due to Swim Lessons 4PM-8PM	5 AM –9:15AM 10AM-1PM 1:45PM-5:45PM 6:30PM - 8:45PM	5 AM –8:45PM	TOTAL BODY H2O 9:15AM-10AM HYDRORYDERS 1PM-1:45PM TOTAL BODY H2O 5:45PM – 6:30PM	3/19-4/11/24 4/23-5/16/24 4:00-5:30p & 6:30-8:00p
Wednesday	5AM – 9:15AM 10AM - 5:45PM 6:30PM - 8:45PM	5AM – 9:15AM 10 AM - 5:45PM 6:30PM - 8:45PM	5 AM – 8:45PM	MOVE THAT BODY 9:15am-10AM AQUA POWER 5:45PM-6:30PM	N/A
Thursday	5AM – 9:15AM 10AM - 5:45PM 6:30PM - 8:45PM *Partial Pool Closures due to Swim Lessons 4-8PM	5AM – 9:15AM 10AM - 5:45PM 6:30PM - 8:45PM	5 AM – 8:45PM	WATER BOOT CAMP 9:15AM-10AM TOTAL BODY H2O 5:45PM – 6:30PM	3/19-4/11/24 4/23-5/16/24 4:00-5:30p & 6:30-8:00p
Friday	5AM – 9:15AM 10:45AM - 7:45PM	5AM – 9:15AM 10:45AM - 7:45PM	5 AM – 7:45PM	AQUA CIRCUIT TABATA 9:15AM-10AM MOVE THAT BODY 10AM-10:45AM	N/A
Saturday	8AM -4:45PM	7AM – 4:45PM	7AM – 4:45PM	*Adult Water Wellness 7:00AM-8AM	N/A

- SCHEDULE IS SUBJECT TO CHANGE
- HOT TUB IS CLOSED EVERY OTHER THURSDAY FOR CLEANING
- Lap Swim lane and zero depth will stay open during swimming lessons but there will be partial Pool Closures due to swim lessons
- **Adult Water Wellness** -The pool will be open just for adults to come and get their water wellness in for the day. This time is not facilitated by staff but allows YOU to utilize the pool and pool equipment for water walking, or a designated workout provided in the pool area. Adding a water work out is a great way to gain strength and mobility while protecting your joints. Come enjoy and be social!