



# May 1-18, 2024

Tea/Ellis Location

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