

Adult Center Pool Schedule

*At least one lane available during classes; 2 lanes available during Lap & Family Swim

PLEASE VIEW COMPLETE LIST OF POOL POLICIES AT BOTTOM OF SCHEDULE

Effective January 2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Lap & Family		Lap & Family		Lap & Family		
7:00 AM							
7:30 AM							
8:00 AM	Aerobics	Lap & Family	Aerobics	Lap & Family	Aerobics	Lap & Family	Lap & Family
8:30 AM							
9:00 AM							
9:30 AM	Lap & Family		Lap & Family		Lap & Family		
10:00 AM	Lap & Family		Lap & Family		Lap & Family	Aerobics	
10:30 AM							
11:00 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		Lap & Family
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM						Lap & Family	
3:00 PM							
4:00 PM							
5:00 PM	Lap & Family	Lap & Family	Lap & Family	Lap & Family	Lap & Family		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
7:45 PM							

Adult Center Pool Rules:

- Please check in at front desk before entering the pool area.
- Children under the age of 14 must be supervised by a parent or guardian.
- Coast Guard approved flotation devices ONLY, may be used in the pool. No water wings, floating animals, or rafts. All life jackets must be coast guard approved.
- No food or glass containers in the pool area.
- Diving is NOT permitted.
- Designated lanes are for lap swimming only.
- Cutoff swim wear is not permitted.

Additional Notes:

- There are restroom facilities and showers for anyone under the age of 18 located poolside, as well as in the Athletic Center.