

# Main Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 AM						7:00 AM	Swim Team 7-8:45	Masters Team 7-8:30
6:00 AM	Masters Team 6:00-7		Masters Team 6:00-7		Masters Team 6:00-7	8:00 AM	Aqua Zumba 8:45-9:30	Swim Team 8:30-12
7:00 AM						9:00 AM		
8:00 AM		Marital Waters 8-8:45		Deep Water Athletes 8-8:45		9:45 AM	Swim Team 9:45-12:45	
9:00 AM	Aqua Combo 9:45-10:30		Step and Sculpt 9:45-10:30		Splash A.C.T. 9:45-10:30	10:15 AM		
10:00 AM		Masters Team 10-11:30		Masters Team 10-11:30		10:30 AM		
11:00 AM						11:00 AM		
12:00 PM						12:00 PM		
1:00 PM						12:30 PM		
3:00PM						1:00 PM		
3:30PM	Swim Team 3:30-9	Swim Team 3:30-9:30	Swim Team 3:30-9	Swim Team 3:30-9:30	Swim Team 3:30-8:45	5:30 PM	Pool Closed	Pool Closed
5:00 PM						<b>Main Pool Rules:</b> <ul style="list-style-type: none"> <li>• Please shower before entering pool.</li> <li>• All non potty-trained children must be wearing a swim diaper AND a Tiny Tush.</li> <li>• No swimmies/arm flotation devices—only Coast Guard approved Type II life jackets are permitted.</li> <li>• Parents must be within arm's distance of children who have not passed the swim test or are wearing a life jacket.</li> <li>• Kickboards are to be used for swim lessons or lap swimming ONLY.</li> <li>• Diving is permitted in depths of 9 feet or more</li> <li>• No Diving off of the starting blocks unless with swim team or swim lessons.</li> <li>• Please dry off before entering locker room or facility.</li> </ul>		
6:30 PM								
8:00 PM					Pools Closed 8:30			
9:00 PM								
9:30 PM	Pools Closed	Pools Closed	Pools Closed	Pools Closed				

# Leisure Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 AM						7:00 AM		
6:00 AM						8:00 AM		
7:00 AM						9:00 AM	Swim Lessons 9:00-11	
8:00 AM	Agape (8-12)	Agape (8-12)	Agape (8-12)	Agape (8-12)	Agape (8-12)	9:45 AM		
9:00 AM	Walking Waters 9-9:45	Walk and Sculpt 9-9:45	Walking Waters 9-9:45	Walk and Sculpt 9-9:45	Walking Waters 9-9:45	10:15 AM		
10:00 AM						10:30 AM		
11:00 AM						11:00 AM		
12:00 PM	Swim School 12:30-2		Swim School 12:30-2			12:00 PM		
1:00 PM						12:30 PM		
3:00PM		Agape (3-7:30)		Agape (3-7:30)		1:00 PM		
4:30PM	Swim School 4:30-6		Swim School 4:30-6			5:30 PM	Pool Closed	Pool Closed
5:00 PM		ARENA KIDS 5:00-8		ARENA KIDS 5:00-8		<b>Leisure Pool Rules:</b> <ul style="list-style-type: none"> <li>• Please shower before entering pool.</li> <li>• All non potty-trained children must be wearing a swim diaper AND a Tiny Tush.</li> <li>• No swimmies/arm flotation devices—only Coast Guard approved Type II life jackets are permitted.</li> <li>• Parents must be within arm's distance of children who have not passed the swim test or are wearing a life jacket.</li> <li>• No Diving, No Jumping, No excessive splashing</li> <li>• No Kickboards. Noodles are acceptable.</li> <li>• Children may not use the Aquatic Barbells or Swim Lesson materials, lessons.</li> <li>• Please dry off before entering locker room or facility.</li> </ul>		
6:30 PM								
7:30 PM	Walking Waters 7:30-8:15	Sculpt and Tone 7:30-8:15		Walk and Sculpt 7:30-8:15				
8:00 PM					Pools Closed 8:30			
9:00 PM								
9:30 PM	Pools Closed	Pools Closed	Pools Closed	Pools Closed				

WARNING: Failure to follow the rules can result in the removal from the facility and/or serious injury. The pool rules, regulations, policies, and procedures are subject to change and may be amended, revised, or rescinded by the club and/or staff member at any time.