

| time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------------------|---------------------------------|----------------------------------|---------------------------------|----------------------------------|---------------------------------|---------------------------------|
| 5:00 AM | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Club Closed | Club Closed |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | Adult Swim | Adult Swim |
| 8:00 AM | | | | | | | |
| 9:00 AM | Physical Therapy (patients only) | Adult Swim | Adult Swim | Aqua Tune-Up (9:30 - 10:15) | Physical Therapy (patients only) | Private Lessons Only* 9:00-3:00 | Private Lessons Only* 8:30-1:00 |
| 10:00 AM | | | | | | | |
| 11:00 AM | Adult Swim | Adult Swim | Private Lessons Only* 12:30-7:30 | Adult Swim | Physical Therapy (patients only) | Private Lessons Only* 9:00-3:00 | Private Lessons Only* 8:30-1:00 |
| 12:00 PM | | | | | | | |
| 1:00 PM | Adult Swim | Private Lessons Only* 2:30-7:00 | Private Lessons Only* 12:30-7:30 | Private Lessons Only* 2:00-7:00 | Adult Swim | Private Lessons Only* 9:00-3:00 | Adult Swim |
| 2:00 PM | | | | | | | |
| 3:00 PM | Private Lessons Only* 2:30-7:00 | Private Lessons Only* 2:30-7:00 | Private Lessons Only* 12:30-7:30 | Private Lessons Only* 2:00-7:00 | Adult Swim | Adult Swim | Adult Swim |
| 4:00 PM | | | | | | | |
| 5:00 PM | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Club Closed | Club Closed |
| 6:00 PM | | | | | | | |
| 7:00 PM | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Club Closed | Club Closed |
| 8:00 PM | | | | | | | |

last modified 2.8.2022

***Adult swim is not permitted during private swim lessons.**

Lap swimming and endless pool use are reserved for adult swim times only.