

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	Adult Swim	Adult Swim
8:00 AM									
9:00 AM	Physical Therapy (patients only)	Water In Motion (9:30 - 10:15)	Adult Swim	Aqua Tune-Up (9:30 - 10:15)	Physical Therapy (patients only)	Private Lessons Only* 9:00-3:30	Private Lessons Only* 8:30-2:00		
10:00 AM									
11:00 AM	Private Lessons Only* 1:00-7:00	Adult Swim	Private Lessons Only* 12:30-7:30	Physical Therapy (patients only)	Adult Swim	Private Lessons Only* 9:00-3:30	Private Lessons Only* 8:30-2:00		
12:00 PM									
1:00 PM	Private Lessons Only* 1:00-7:00	Private Lessons Only* 2:30-7:00	Private Lessons Only* 12:30-7:30	Private Lessons Only* 2:00-7:30	Adult Swim	Adult Swim	Adult Swim		
2:00 PM									
3:00 PM									
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 3.15.2022

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

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