

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	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)	Physical Therapy (patients only)	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 08.29.2022

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

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