

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							
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* 9:00-3:00
10:00 AM							
11:00 AM	Adult Swim	Physical Therapy (patients only)	Physical Therapy (patients only)	Adult Swim			
12:00 PM							
1:00 PM	Adult Swim	Adult Swim	Private Lessons Only* 3:00-7:30	Private Lessons Only* 2:00-7:30	Private Lessons Only* 3:00-6:00	Adult Swim	Adult Swim
2:00 PM							
3:00 PM	Private Lessons Only* 3:00-7:00	Private Lessons Only* 2:30-7:00	Private Lessons Only* 3:00-7:30	Private Lessons Only* 2:00-7:30	Adult Swim	Adult Swim	Adult Swim
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Club Closed	Club Closed	
8:00 PM							

last modified 05.08.2023

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

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