

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

last modified 09.14.2023

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

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