

# Familywellness

January 20 - January 26

Activity pool, hot tub, sauna and steam room are open when the facility is open. Slide and water feature usage dependent on other activities (ask lifeguard on duty for more details).

Lap Swim is designated in **WHITE**. Open Swim is designated in **GREY**.

Swim lessons and Adult Swim Team require advanced registration into those programs. Water Exercise is first come first serve, with the exception of float classes when offered.

There will be 5 minutes of transition time between activities. We appreciate your patience and understanding as we set up and tear down between activities.

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday					
	Large Pool			Large Pool			Large Pool			Large Pool			Large Pool			Large Pool								
5:00AM	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Opens at 6:00AM			Opens at 8:00AM					
5:30AM																Lap	Lap	Lap						
6:00AM																								
6:30AM																								
7:00AM																								
7:30AM																								
8:00AM	8:05AM			8:05AM			8:05AM			8:05AM			8:05AM			8:05AM			Lap	Lap	Lap			
8:30AM	Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise								
9:00AM	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Swimming Lessons								
9:30AM																								
10:00AM																								
10:30AM																								
11:00AM																								
11:30AM																								
12:00PM				12:05PM						12:05PM						Lap	Lap	Open						
12:30PM				Water Exercise						Water Exercise														
1:00PM				Lap	Lap	Lap				Lap	Lap	Lap							1:05PM					
1:30PM																			Water Exercise					
2:00PM																					Open			
2:30PM																								
3:00PM																								
3:30PM																								
4:00PM	Swimming Lessons																							
4:30PM										Swim Lessons	Water Therapy				Water Therapy	Lap	Water Therapy				4:00PM			
5:00PM																						FloatNFit		
5:30PM																								
6:00PM																								
6:30PM	6:05PM			6:05PM			6:05PM			6:05PM			5:35PM			5:35PM								
7:00PM	Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise								
7:30PM	7:05PM			Adult Swim Team			Lap	Lap	Open	Adult Swim Team			7:05PM			7:05PM								
7:30PM	Water Exercise			Adult Swim Team						Adult Swim Team			Water Exercise			Water Exercise								
8:00PM	Lap	Lap	Open	Lap	Lap	Lap				Lap	Lap	Lap							Pool closes at 7:30PM Saturday and Sunday					
8:30PM																								
9:00PM																								
9:30PM																								
10:00PM																								

Pool closes at 9:30PM Monday-Friday

**NOTE: THIS DOES NOT INCLUDE PRIVATE LESSONS SCHEDULE. PRIVATE LESSONS VARY DAILY.**