

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
5:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
6AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
6:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
8AM	Wake up with Waves	Stretch & Flex	Wake up with Waves	Stretch & Flex	Wake up with Waves	Special Olympics
8:30AM	Wake up with Waves	Stretch & Flex	Wake up with Waves	Stretch & Flex	Wake up with Waves	Special Olympics
9AM	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Independent Adult Ex.
9:30AM	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Independent Adult Ex.
10AM	Water Works	Sr Jumping Jack	Water Works	Sr Jumping Jack	Water Works	Independent Adult Ex.
10:30AM	Water Works	Sr Jumping Jack	Water Works	Sr Jumping Jack	Water Works	Independent Adult Ex.
11AM	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Independent Adult Ex.
11:30AM	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Independent Adult Ex.
NOON	Silver Sneakers Splash	Independent Adult Ex.	Silver Sneakers Splash	Independent Adult Ex.	Silver Sneakers Splash	Open Swim
12:30PM	Silver Sneakers Splash	Aquatic Kickboxing	Silver Sneakers Splash	Aquatic Kickboxing	Silver Sneakers Splash	Open Swim
1PM	Independent Adult Ex.	Aquatic Kickboxing	Independent Adult Ex.	Aquatic Kickboxing	Independent Adult Ex.	Open Swim
1:30PM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Open Swim
2PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
2:30PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
3PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
3:30PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
4PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
4:30PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	Open Swim
5PM	Independent Adult Ex.	Therapy Groups/ Open Swim	Independent Adult Ex.	Therapy Groups/ Open Swim	Therapy Groups/ Open Swim	
5:30PM	Deep Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Independent Adult Ex.	Aqua Zumba	
6PM	Deep Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Independent Adult Ex.	Aqua Zumba	
6:30PM	Deep Aerobics	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7PM	Deep Conditioning	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7:30PM	Deep Conditioning	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
*** Key	Closed to Public	100% of pool available for lap swim or independent adult exercise	50% of pool available due to therapy groups being here	***POOLS CLOSE 15 MINUTES BEFORE POSTED CLOSING TIME.	Facility closed on Sundays after Labor Day	