

Pool Schedule

Monday

5:00-8:15am	Adult Lap	Full
8:15-9:15am	AOA Water Fitness	1/2
	Adult Lap	1/2
9:15-10:00am	SilverSplash	2/3
	Adult Lap	1/3
10:00-11:30pm	Adult Lap	1/3
	Classes	2/3
11:30-1:30pm	Adult Lap	Full
1:30-3:00pm	Classes	2/3
	Adult Lap	1/3
3:00-6:00pm	Adult Lap	Full
6:00-6:30pm	Adult Lap	2/3
	Swim Lessons	1/3
6:30-7:40pm	Swim Lessons	Full
7:40-8:15pm	Open Swim	1/3
	Adult Lap	1/3
	Classes	1/3
8:15-9:30pm	Family Swim	1/3
	Adult Lap	2/3

Tuesday

5:00-8:15am	Adult Lap	Full
8:15-10:00am	Physical Therapy	1/3
	Adult Lap	2/3
10:00-11:30pm	Classes	2/3
	Adult Lap	1/3
11:30-1:30pm	Adult Lap	Full
1:30-3:00pm	Classes	2/3
	Adult Lap	1/3
3:00-7:00	Adult Lap	Full
7:00-8:00pm	Adult Lap	1/2
	Kickboxing	1/2
8:00-9:30pm	Family Swim	1/3
	Adult Lap	2/3

Wednesday

5:00-9:15am	Adult Lap	Full
9:15-10:00am	SilverSplash	2/3
	Adult Lap	1/3
10:00-11:30pm	Classes	2/3
	Adult Lap	1/3
11:30-1:30pm	Adult Lap	Full
1:30-3:00pm	Classes	2/3
	Adult Lap	1/3
3:00-4:00pm	Adult Lap	Full
4:00-5:00pm	Classes	1/3
	Adult Lap	2/3
5:00-6:30pm	Adult Lap	Full
6:30-8:00pm	Open Swim	1/3
	Adult Lap	2/3
8:00-9:30pm	Family Swim	1/3
	Adult Lap	2/3

Thursday

5:00-8:15am	Adult Lap	Full
8:15-10:00am	Physical Therapy	1/3
	Adult Lap	2/3
10:00-11:30pm	Classes	2/3
	Adult Lap	1/3
11:30-1:30pm	Adult Lap	Full
1:30-3:00pm	Classes	2/3
	Adult Lap	1/3
3:00-6:30pm	Adult Lap	Full
6:30-7:30pm	Adult Lap	1/2
	Kickboxing	1/2
7:30-9:30pm	Family Swim	1/3
	Adult Lap	2/3

Friday

5:00-8:15am	Adult Lap	Full
8:15-9:15am	AOA Water Fitness	1/2
	Adult Lap	1/2
9:15-11:30am	SilverSplash	2/3
	Adult Lap	1/3
11:30-12:00pm	Classes	2/3
	Adult Lap	1/3
12:00-1:30pm	Adult Lap	Full
1:30-3:00pm	Classes	2/3
	Adult Lap	1/3
3:00-6:30pm	Adult Lap	Full
6:30-8:00pm	Open Swim	1/3
	Adult Lap	2/3
8:00-9:30pm	Family Swim	1/3
	Adult Lap	2/3

Saturday

6:30-9:00am	Adult Lap	Full
9:00-9:30am	Swim Lessons	1/3
	Adult Lap	2/3
9:30-10:35am	Swim Lessons	Full
10:35-11:30am	Classes	1/3
	Family Swim	1/3
	Adult Lap	1/3
11:30-2:30pm	Family Swim	1/3
	Adult Lap	2/3
2:30-7:30pm	Open Swim	1/3
	Adult Lap	2/3

Sunday

9:00-1:30pm	Adult Lap	Full
1:30-5:30pm	Open Swim	1/3
	Adult Lap	2/3

* The first Saturday of every month the pool inflatable will be in the pool from 2 - 4 pm (No Lap Swim).

* **Lap Swim** – Ages 13 and older.

* **Open Swim** – Allows children 9 years of age and older to swim without a parent present on the pool deck. The parent must sign the children in and remain in the facility.

* **Family Swim** – Allows families to spend time together while swimming. Parents are not required to get into the pool, but must remain on the deck or outside the window while children are swimming.

* Please note that the pool schedule and activities may change without notice.

