

# WORKOUT CLUB AND WELLNESS CENTER

## MAIN POOL SCHEDULE

*Monday March 2, 2020 – Sunday March 22, 2020*

**(THIS SIDE) Monday – Friday; 5:00 a.m. – 5:00 p.m. AND**

**Saturday – Sunday; 7:00 a.m. – closing**

**(REVERSE SIDE) Monday – Friday; 4:30 p.m. – closing**

**POOL HOURS: Monday - Thursday 5:00 a.m. – 9:30 p.m.**

**Friday 5:00 a.m. – 8:30 p.m.**

**Saturday 6:00 a.m – 5:30 pm. and Sunday 6:00 a.m. – 5:30 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 9:15am Lanes 1-2 LAP SWIM Lanes 3-6 ADULT SWIM	5:00 – 6:00am Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM	5:00 – 9:00am Lanes 1-2 LAP SWIM Lanes 3-6 ADULT SWIM	5:00 – 6:00am Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM	5:00 – 9:00am Lanes 1-2 LAP SWIM Lanes 3-6 ADULT SWIM	6:00 – 9:00am Lanes 1-4 MASTERS Lanes 5-6 ADULT SWIM	6:00 – 8:15am Lanes 1-4 MASTERS Lanes 5-6 ADULT SWIM
9:15– 10:15am Lanes 1-2 LAP SWIM Lanes 3-6 AQUACIZE	6:00 – 7:00am Lanes 1-4 MASTERS Lanes 5-6 ADULT SWIM	9:00 – 10:00am Lanes 1-2 LAP SWIM Lanes 3-6 AQUACIZE	6:00 – 7:00am Lanes 1-4 MASTERS Lanes 5-6 ADULT SWIM	9:00 – 10:00am Lanes 1-2 LAP SWIM Lanes 3-6 AQUACIZE	9:00 – 10:00am Lanes 1-2 LAP SWIM Lanes 3-6 AQUACIZE	8:15 – 9:15am Lanes 1-3 LAP SWIM Lanes 4-6 AQUACIZE
10:15-11:00am Lanes 1- 3 LAP SWIM Lanes 4-6 ADULT SWIM	7:00 – 8:00am Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM	10:00–11:30am Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM	7:00 –3:00pm Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM	10:00am – 12:00pm Lanes 1- 3 Lap Swim Lanes 4-6 FAMILY SWIM	10:00am – 1:30 Lane 1-2 LESSONS Lanes 3 LAP SWIM Lanes 4-6 FAMILY SWIM	9:15 – 10:00am Lanes 1 PRIVATE SWIM LESSONS Lanes 2-3 LAP SWIM Lanes 4-6 ADULT SWIM
11:00am–12:30am Lanes 1-4 LAP SWIM Lanes 5-6 FAMILY SWIM	8:00-9:00am Lanes 1-2 LAP SWIM Lanes 3-6 AQUACIZE	11:30am –4:30pm Lanes 1-4 LAP SWIM Lanes 5-6 ADULT SWIM	3:00pm– 5:00pm Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM	12:00-5:00pm Lanes1-4 LAP SWIM Lanes 5-6 ADULT SWIM	1:30-2:30pm Lanes 5-6 POOL PARTY RESERVATIONS (If scheduled) Lanes 1-4 Lap Swim	10:00am-11:00 Lanes 1 LESSONS Lane 2-3 LAP SWIM 4-6 ADULT SWIM
12:30 –4:00pm Lanes 1-4 LAP SWIM Lanes 5-6 ADULT SWIM	9:00am-4:30pm Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM	4:30-5:00 Lane 1-2 LESSONS Lane 3 Lap Swim Lanes 4-6 ADULT SWIM			2:30-4:00pm Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM	11:00-12:15pm Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM
4:00-5:00 Lane 1-2 LESSONS Lane 3 Lap Swim Lane 4-6 FAMILY SWIM	4:30-5:00 Lane 1-3 Lap Swim Lane 6 LESSONS				4:00pm-CLOSE Lanes 1-3 Lap Swim Lanes 4-6 ADULT SWIM	12:15pm-1:00pm Lanes 1-3 LAP SWIM Lane 4-6 On Stairs LESSONS
					CLOSED 5:30 p.m.	1:00pm-CLOSE Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM
						CLOSED 5:30 p.m.

**NO LIFEGUARD ON DUTY**

**MAIN POOL SCHEDULE**

**Monday March 2, 2020 – Sunday March 22, 2020**

**(THIS SIDE) Monday – Friday; 5:00 p.m. – closing**

**(REVERSE SIDE) Monday – Friday; 5:00 a.m. – 4:30 p.m. AND**

**Saturday – Sunday; 6:00 a.m. – closing**

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**POOL HOURS: Monday - Thursday 5:00 a.m. – 9:30 p.m.**

**Friday 5:00 a.m. – 8:30 p.m.**

**Saturday 7:00 a.m – 5:30 pm. and Sunday 6:00 a.m. – 5:30 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:30pm Lanes 1-2 SWIM LESSONS Lane 3 LAP SWIM Lanes 5-6 ADULT SWIM	5:00-6:00pm Lane 1-4 RAYS TEAM Lane 5 LAP SWIM Lane 6 SWIM LESSONS	5:00-6:00pm Lane 1-2 LESSON Lane 3 LAP SWIM Lanes 4-6 AQUACIZE	5:00-6:00pm Lane 1-4 RAYS SWIM Lanes 5 LAP SWIM Lane 6 SWIM LESSONS	5:00-7:00pm Lanes 1-4 LAP SWIM Lane 5-6 FAMILY SWIM		
5:30-6:30pm Lanes 1-2 SWIM LESSONS Lane 3 LAP SWIM Lanes 4-6 AQUACIZE	6:00-7:00pm ALL LANES RAYS TEAM	6:00-7:30pm Lane 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM	6:00-7:00pm ALL LANES RAYS TEAM	7:00pm-CLOSE Lanes 1-3 LAP SWIM Lanes 4-6 ADULT SWIM		
6:30-7:30pm Lanes 1-5 RAYS TEAM Lane 6 LAP SWIM	7:00-8:30pm Lanes 1-5 RAYS TEAM Lane 6 LAP SWIM	7:30-CLOSE Lanes 1-2 LAP SWIM Lane 3-6 ADULT SWIM	7:00-8:30pm Lanes 1-5 RAYS TEAM Lane 6 LAP SWIM			
7:30– 8:30pm Lane 6 LAP SWIM Lane 1-5 RAYS TEAM	8:30pm-CLOSE Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM		8:30pm-CLOSE Lanes 1-3 LAP SWIM Lanes 4-6 FAMILY SWIM			
8:30pm– CLOSE Lanes 1-2 LAP SWIM Lane 3-6 ADULT SWIM						
CLOSED 9:30 p.m.	CLOSED 9:30 p.m.	CLOSED 9:30 p.m.	CLOSED 9:30 p.m.	CLOSED 8:30 p.m.		

**AGE 14 AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES**

**AGE 6 AND UNDER (AS WELL AS ALL NON-SWIMMERS) MUST BE ACCOMPANIED BY AN ADULT IN THE WATER**

**AGE 14 AND UNDER ARE NOT ALLOWED IN THE SPA (THIS IS STATE LAW)**

**SHOWERS REQUIRED BEFORE ENTERING ANY POOL (THIS IS STATE LAW)**

**LANES 1-4 ARE ONLY FOR LAP SWIMMERS, LESSONS AND TEAMS.**

**LANES 1-4 ARE NOT FOR CHILDREN, FAMILIES AND OTHERS WHO ARE NOT SWIMMING CONTINUOUSLY.**

**DIVING BLOCKS ARE FOR INSTRUCTIONAL USE; DO NOT USE DURING ADULT SWIM OR FAMILY SWIM.**

**PRIVATE LESSONS AND PARTIES APPEAR ON THE SCHEDULE, BUT MAY NOT ALWAYS BE HELD.**

**PRIVATE LESSONS MAY ALSO NOT BE ON SCHEDULE BUT MAY BE HELD.**

**LAP LANE SHARING REQUIRED DURING BUSY SWIM TIMES**

**ADULT SWIM IS NOT FOR FAMILIES**

**FAMILY SWIM IS EXCLUSIVELY FOR FAMILIES WITH CHILDREN**

**NO LIFEGUARD ON DUTY**

**WORKOUT CLUB AND WELLNESS CENTER**

**WARM POOL SCHEDULE**

**Monday March 2, 2020 – Sunday April 19, 2020**

**POOL HOURS: Monday - Thursday 5:00 a.m. – 9:30 p.m.**

**Friday 5:00 a.m. – 8:30 p.m.**

**Saturday 6:00a.m - 5:30p.m. and Sunday 6:00 a.m. – 5:30 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN 5:00–8:00am Adult Swim	OPEN 5:00am – 4:00pm Adult Swim	OPEN 5:00-8:00am Adult Swim	OPEN 5:00am-4:00pm Adult Swim	OPEN 5:00-8:00am Adult Swim	OPEN 6:00-9:30am Adult Swim	OPEN 6:00-10:00am Adult Swim
CLOSED for Moving Easy 8:00 – 8:45am		CLOSED for Moving Easy 8:00 – 8:45am		CLOSED for Moving Easy 8:00 – 8:45AM	CLOSED 9:30am-11:50am LESSONS	CLOSED 10:00am-1pm LESSONS
Open 8:45am-3:10pm Adult Swim		Open 8:45am-CLOSE Adult Swim		Open 8:45-12:00pm Adult Swim	Open 11:50-CLOSE Adult Swim	Open 1:00-CLOSE Adult Swim
CLOSED 3:10-7:10pm LESSONS				CLOSED 12:00-2:30pm LESSONS	Private swim Lessons may be held between 9:00am-1:15pm	Private swim Lessons may be held between 9:00am-1:15pm
Open 7:10pm-CLOSE Adult Swim	CLOSED 5:00-7:10pm LESSONS		CLOSED 3:50-7:10pm LESSONS	Open 1:50pm-CLOSE Adult Swim		
	Open 7:10pm-CLOSE Adult Swim		Open 7:10-CLOSE Adult Swim		CLOSED 5:30	CLOSED 5:30
CLOSED 9:30	CLOSED 9:30	CLOSED 9:30	CLOSED 9:30	CLOSED 8:30		

THIS IS A WARM POOL, AND IS OPEN TO ADULTS PERFORMING THERAPY EXERCISES.

CHILDREN ARE NOT ALLOWED TO SWIM IN THIS POOL EXCEPT FOR SWIM LESSONS.

SHOWERS REQUIRED (THIS IS STATE LAW)

**NO LIFEGUARD ON DUTY**