



Lap Pool

2024
NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
 <p style="text-align: center;">Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>					1 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	2 LAP SWIM 7:30AM-3:30PM
3 LAP SWIM 11:30AM-4:30PM	4 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	5 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	6 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	7 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	8 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	9 LAP SWIM 7:30AM-3:30PM
10 LAP SWIM 11:30AM-4:30PM	11 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	12 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	13 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	14 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	15 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	16 LAP SWIM 7:30AM-3:30PM
17 LAP SWIM 11:30AM-4:30PM	18 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	19 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	20 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	21 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	22 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	23 LAP SWIM 7:30AM-3:30PM
24 LAP SWIM 11:30AM-4:30PM	25 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	26 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	27 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	28 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	29 LAP SWIM 5:30AM-3PM SWIM TEAMS LANES 4-8 3PM-6:30PM LAP SWIM LANES 1-3 3:00PM-6:30PM LAP SWIM 6:30PM-7:30PM	30 LAP SWIM 7:30AM-3:30PM

Warm Up Pool

2024
NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday–Friday 5:30am–7:30pm Saturday– 7:30am –3:30pm Sunday 11:30am –4:30pm Day Swim Pass Open Swim 1:30pm–3:30pm</p>					1	2
					OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–7:30PM	OPEN SWIM 7:30AM–11AM AQUA ZUMBA 11AM–12PM OPEN SWIM 12PM–3:30PM
3	4	5	6	7	8	9
OPEN SWIM 11:30AM–4:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–1:00PM FOUNDATION KIDS 1:00PM–2:00PM OPEN SWIM 2:00PM–4:00PM SWIM LESSONS 4:00PM–6:30PM OPEN SWIM 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–4:00PM SWIM LESSONS 4:00PM–6:30PM ADULT SWIM LESSONS 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM SWIM LESSONS 11:45AM–1:30PM OPEN SWIM 1:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–7:30PM	OPEN SWIM 7:30AM–11AM AQUA ZUMBA 11AM–12PM OPEN SWIM 12PM–3:30PM
10	11	12	13	14	15	16
OPEN SWIM 11:30AM–4:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–1:00PM FOUNDATION KIDS 1:00PM–2:00PM OPEN SWIM 2:00PM–4:00PM SWIM LESSONS 4:00PM–6:30PM OPEN SWIM 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM ADULT SWIM LESSONS 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM SWIM LESSONS 11:45AM–1:30PM OPEN SWIM 1:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–7:30PM	OPEN SWIM 7:30AM–11AM AQUA ZUMBA 11AM–12PM OPEN SWIM 12PM–3:30PM
17	18	19	20	21	22	23
OPEN SWIM 11:30AM–4:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–1:00PM FOUNDATION KIDS 1:00PM–2:00PM OPEN SWIM 2:00PM–4:00PM SWIM LESSONS 4:00PM–6:30PM OPEN SWIM 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM ADULT SWIM LESSONS 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM SWIM LESSONS 11:45AM–1:30PM OPEN SWIM 1:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–7:30PM	OPEN SWIM 7:30AM–11AM AQUA ZUMBA 11AM–12PM OPEN SWIM 12PM–3:30PM
24	25	26	27	28	29	30
OPEN SWIM 11:30AM–4:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–1:00PM FOUNDATION KIDS 1:00PM–2:00PM OPEN SWIM 2:00PM–4:00PM SWIM LESSONS 4:00PM–6:30PM OPEN SWIM 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM ADULT SWIM LESSONS 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM SWIM LESSONS 11:45AM–1:30PM OPEN SWIM 1:30PM–4:00PM SWIM LESSONS 4:00PM–6:30PM AQUA ZUMBA 6:30PM–7:30PM	OPEN SWIM 5:30AM–10:30AM WATER AEROBICS 10:30AM–11:30AM OPEN SWIM 11:30AM–7:30PM	