


# Lap Pool

2024

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Pool and Sauna Hours</b> 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		1 OPEN SWIM 5:30AM-7:30PM	2 OPEN SWIM 5:30AM-7:30PM	3 OPEN SWIM 5:30AM-7:30PM	4 OPEN SWIM 5:30AM-7:30PM	5 OPEN SWIM 7:30AM-3:30PM
6 OPEN SWIM 11:30AM-4:30PM	7 OPEN SWIM 5:30AM-7:30PM	8 OPEN SWIM 5:30AM-7:30PM	9 OPEN SWIM 5:30AM-7:30PM	10 OPEN SWIM 5:30AM-7:30PM	11 OPEN SWIM 5:30AM-7:30PM	12 OPEN SWIM 7:30AM-3:30PM
13 OPEN SWIM 11:30AM-4:30PM	14 OPEN SWIM 5:30AM-7:30PM	15 OPEN SWIM 5:30AM-7:30PM	16 OPEN SWIM 5:30AM-7:30PM	17 OPEN SWIM 5:30AM-7:30PM	18 OPEN SWIM 5:30AM-7:30PM	19 OPEN SWIM 7:30AM-3:30PM
20 OPEN SWIM 11:30AM-4:30PM	21 OPEN SWIM 5:30AM-7:30PM	22 OPEN SWIM 5:30AM-7:30PM	23 OPEN SWIM 5:30AM-7:30PM	24 OPEN SWIM 5:30AM-7:30PM	25 OPEN SWIM 5:30AM-7:30PM	26 OPEN SWIM 7:30AM-3:30PM
27 OPEN SWIM 11:30AM-4:30PM	28 OPEN SWIM 5:30AM-7:30PM	29 OPEN SWIM 5:30AM-7:30PM	30 OPEN SWIM 5:30AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM OPEN SWIM LANES 1-2 3:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM	31 OPEN SWIM 5:30AM-3:00PM SWIM TEAMS LANES 3-8 3:00PM-6:30PM OPEN SWIM LANES 1-2 3:00PM-6:30PM OPEN SWIM 6:30PM-7:30PM		

# Warm Up Pool

2024  
OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b>Pool and Sauna Hours</b>  <b>Monday-Friday 5:30am-7:30pm</b>  <b>Saturday- 7:30am -3:30pm</b>  <b>Sunday 11:30am -4:30pm</b>  <b>Day Swim Pass Open Swim 1:30pm-3:30pm</b></p>	<p>1            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</p>	<p>2            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</p>	<p>3            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</p>	<p>4            OPEN SWIM 5:30AM-10:30AM            WATER AEROBICS 10:30AM-11:30AM            OPEN SWIM 11:30AM-7:30PM</p>	<p>5            OPEN SWIM 7:30AM-8:30AM            SWIM STARTERS 8:30AM-10AM            OPEN SWIM 10AM-11AM            AQUA ZUMBA 11AM-12PM            OPEN SWIM 12PM-3:30PM</p>
<p>6            OPEN SWIM 11:30AM-4:30PM</p>	<p>7            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</p>	<p>8            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</p>	<p>9            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</p>	<p>10            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</p>	<p>11            OPEN SWIM 5:30AM-10:30AM            WATER AEROBICS 10:30AM-11:30AM            OPEN SWIM 11:30AM-7:30PM</p>	<p>12            OPEN SWIM 7:30AM-8:30AM            SWIM STARTERS 8:30AM-10AM            OPEN SWIM 10AM-11AM            AQUA ZUMBA 11AM-12PM            OPEN SWIM 12PM-3:30PM</p>
<p>13            OPEN SWIM 11:30AM-4:30PM</p>	<p>14            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</p>	<p>15            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</p>	<p>16            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</p>	<p>17            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</p>	<p>18            OPEN SWIM 5:30AM-10:30AM            WATER AEROBICS 10:30AM-11:30AM            OPEN SWIM 11:30AM-7:30PM</p>	<p>19            OPEN SWIM 7:30AM-8:30AM            SWIM STARTERS 8:30AM-10AM            OPEN SWIM 10AM-11AM            AQUA ZUMBA 11AM-12PM            OPEN SWIM 12PM-3:30PM</p>
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