

Wellness Center Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am-8:00am Lap Swim	5:00am-8:00am Lap Swim	5:00am-8:00am Lap Swim	5:00am-8:00am Lap Swim	5:00am-8:00am Lap Swim	CLOSED	CLOSED	
8:30am-9:30am Water Aerobics	8:00am-12:00pm Physical Therapy ONLY	8:30am-9:30am Water Aerobics	8:00am-12:00pm Physical Therapy ONLY	8:30am-9:30am Water Aerobics	8:00am-11:00am Lap Swim		
9:30am-10:30am Lap Swim		9:30am-10:30am Lap Swim		9:30am-10:30am Lap Swim	11:00am-12:00p Water Aerobics Self-Guided		
10:30am-11:30am Water Aerobics		10:30am-11:30am Water Aerobics		10:30am-11:30am Water Aerobics	12:00pm-5:00pm Lap Swim		
11:30am-12:30pm Water Aerobics		11:30 am-12:30pm Water Aerobics		11:30 am-12:30pm Water Aerobics	1:00pm-5:00pm Lap Swim		
12:30pm -8:00pm Lap Swim	12pm-1pm Lap Swim	12:30pm -8:00pm Lap Swim	12:00pm-1:00pm Lap Swim	11:30am-8:00pm Lap Swim	CLOSED	CLOSED	
	1:00pm-5:30pm Physical Therapy ONLY		1:00pm-5:30pm Physical Therapy ONLY				6:00 pm-7:00pm Water Aerobics Self-Guided
	6:00 pm-7:00pm Water Aerobics Self-Guided		7:00pm-8:00pm Lap Swim				7:00pm-8:00pm Lap Swim
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