

Wellness Center Pool Schedule

(352) 671-2080 ext.3

Effective: 05/01/2023

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	POOL CLOSED	POOL CLOSED
8:30am-9:30am Water Aerobics Self Guided	8:00am-12:00pm Physical Therapy ONLY	8:30am-9:30am Water Aerobics Self-Guided	8:00am-12:00pm Physical Therapy ONLY	8:30am-9:30am Water Aerobics Self-Guided		
9:30am-10:00am Lap Swim		9:30am-10:00am Lap Swim		9:30am-10:00am Lap Swim		
10:00am-11:00am Water Aerobics Self Guided		10:00am-11:00am Water Aerobics Self- Guided		10:00am-11:00am Water Aerobics Self-Guided		
11:00am-11:30am Lap Swim		11:00am-11:30am Lap Swim		11:00am-11:30am Lap Swim		
11:30am-12:30pm Water Aerobics Self-Guided		11:30 am-12:30pm Water Aerobics Self-Guided		11:30 am-12:30pm Water Aerobics Self-Guided		
12:30pm -6:30pm Lap Swim	12:00pm-1:00pm Lap Swim	12:30pm -6:30pm Lap Swim	12:00pm-1:00pm Lap Swim	12:30pm-5:30pm Lap Swim		
	1:00pm-5:30pm Physical Therapy ONLY		1:00pm-5:30pm Physical Therapy ONLY			
	5:30pm-6:30pm Lap Swim		5:30pm-6:30pm Lap Swim			
				Pool Closed @ 5:30pm		