

Facility Schedule

January 6 to March 14, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Steam, Sauna, Swirl	6am -10pm 1 lane or more available dependent on available space					7am-9pm	8am-9pm
Water Walking Lane	6am – 9am & 8:30pm -10pm						
All children under the age of 7 must be within arm's reach of an adult (16yrs+) at all times. (1 adult to a maximum of 3 children) Diving Boards are open during peak times; programs & other activities permitting.							
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Power Deep	
8:15am	Power Deep	Power Deep		Power Deep			
9:30am	Tidal Toner	Tidal Toner		Tidal Toner			
7:45pm				Tidal Toner			
Shallow water classes maximum capacity of 60 people. Deep water classes maximum capacity of 25 people							
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Room	6am-10pm					7am-9pm	8am-9pm
Attendant	Weight room attendant available during majority of weight room hours.						

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

Schedules are subject to change without notice