



*****Both pools are closed Monday thru Friday 6am-11am for recreational swimming. Due to water aerobic classes, lap swim schedule, and physical therapy being done, NO OPEN/RECREATIONAL SWIMMING DURING THIS TIME.**

*****Monday's and Wednesday's from 1-3pm, the small pool is closed for Barretts Hospital physical therapy patients. If there are recreational swimmers, they will be asked to move to the big pool if the space is needed. If there are no patients that day, the small pool will remain open.**

LAP LANES: Tuesday's and Thursday's 4pm-5:30pm lap lanes are closed for swim team practice.

SATURDAYS: 7am-10am is for lap swim and therapy use only, NO RECREATIONAL SWIMMING DURING THIS TIME.
Pools are closed from 10am-12pm every Saturday for cleaning and pool adjustments.

WATER AEROBICS:

6:15am-7am class- class takes place in the big pool. Different variations of exercises will be performed in the shallow end and deep end, using various types of pool equipment. This class is more of an intermediate or advanced workout.

9am-9:45am class- class takes place in the small, warmer therapy pool. Different variations of exercises will be performed. More of an arthritis and/or beginners class using various types of pool equipment.

10am-10:45 class- class takes place in the big pool. Different variations of exercises will be performed in the shallow end and deep end, using various types of pool equipment. This class is more of an intermediate or advanced workout.

OPEN SWIM: PLEASE CHECK SCHEDULE FOR OPEN/RECREATIONAL SWIMMING TIMES

**No towels or swim suits to be given out.

**Goggles, toys, kick boards, flippers, barbells, noodles, etc. are available at certain times and on a limited basis. Please speak to a lifeguard. If you want to bring your own, you are welcome too.

**Only certain times the rope swing will be open, speak with a lifeguard

SAUNA: Please speak with a lifeguard about sauna rules and availability

LOCKER ROOMS: Please follow all posted locker room rules



Fall/Winter/Spring 2023-24 Pool Schedule:

6am-7:30pm Monday-Friday, Sat. 7-10am,12-4:30pm, Sun. 1-4:30pm

Open swim times:

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-1pm	Both pools open	Both pools open	Both pools open	Both pools open	Both pools open	12-4:30 Both pools open	1-4:30 Both pools open
1-3pm	Pools closed for physical therapy	Both pools open	Pools closed for physical therapy	Both pools open	Both pools open	12-4:30 Both pools open	1-4:30 Both pools open
3-7:30pm	Both pools open	Both pools open	Both pools open	Both pools open	Both pools open		

Lap swim open/closed:

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 lanes open	6-11am	6-11am	6-11am	6-11am	6-11am	7-10am	
3 lanes open	11-1pm	11-1pm	11-1pm	11-1pm	11-1pm	Closed 10-12	
3 lanes open	1-7:30pm	Lanes closed 4-5:30 swim team	1-7:30pm	Lanes closed 4-5:30 swim team	1-7:30pm	12-4:30pm	1-4:30pm

Water Aerobics Times:

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7am	Water aerobics big pool		Water aerobics big pool		Water aerobics big pool
9-9:45am	Water aerobics small pool	Water aerobics small pool	Water aerobics small pool	Water aerobics small pool	Water aerobics small pool
10-10:45 am	Water aerobics big pool		Water aerobics big pool		Water aerobics big pool

