

POOL HOURS
MON-FRI
5AM-9PM
SATURDAY
8AM-6:30PM
SUNDAY
10AM-5:30PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
5:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
6am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
6:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
7am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
7:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
8am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	8am	
8:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	
9am	Aqua Aerobics @ 8:50am Adult Cond. 2 lanes	Aqua Tone @ 8:50am Adult Cond. 2 lanes	Aqua Aerobics @ 8:50am Adult Cond. 2 lanes	Aqua Tone @ 8:50am Adult Cond. 2 lanes	Aqua Aerobics @ 8:50am Adult Cond. 2 lanes	Adult Conditioning 6 lanes	
9:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	
10am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	10am
10:30am	Open Swim/Camp Swim Adult Cond. 4 lanes	Group Lessons Adult Cond. 4 lanes	Open Swim/Camp Swim Adult Cond. 2 lanes	Group Lessons Adult Cond. 2 lanes	Open Swim/Camp Swim Adult Cond. 2 lanes	Group Lesson	Adult Conditioning 6 lanes
11am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	11am
11:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	11:30am
12pm	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	12pm
12:30pm	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	12:30pm
1pm	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Group Lesson	Open Swim Adult Cond. 2 lanes**
1:30pm	Adult Conditioning 6 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Subject to availability, call ahead to confirm.
2pm	Adult Conditioning 6 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Open Swim Adult Cond. 2 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
2:30pm	Adult Conditioning 6 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Open Swim Adult Cond. 2 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
3pm	Adult Conditioning 6 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Group Lesson Ends @ 3:45 Adult Cond. 2 lanes	Open Swim/Summer Camp Swim 1:30-2:30pm Adult Cond. 4 lanes	Open Swim Adult Cond. 2 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
3:30pm	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
4pm	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
4:30pm	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
5pm	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
5:30pm	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team	Swim Team Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Swim Team Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes
6pm	Aqua Zumba	Adult Conditioning 2 lanes	Transition Time	Adult Conditioning 2 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
6:30pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
7pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
7:30pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
8pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
8:30pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes
9pm	Open Swim (starts at 7:15pm)	Adult Conditioning 6 lanes	Open Swim Water Warrior Wednesday with The Gauntlet	Adult Conditioning 6 lanes	Open Swim Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes

Adult Conditioning
 A time reserved exclusively for lap swimming and other conditioning activities. We also offer private and semi-private lessons during this time.

Group Lesson
 We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.

Open Swim
 A section of the pool is dedicated to activities for all ages. Lifeguards will be present and water slides may be turned on at their discretion. *Children under 8 MUST be accompanied by an adult.

Group Fitness
 A variety of fun, FREE classes for members.

Swim Team
 A section of the pool is dedicated to the Stingray Swim Team for practice.

Water Warrior Wednesday
 Features The Gauntlet, a floating obstacle course for children ages 6+.

Gauntlet Party Rental
 A time reserved for Gauntlet party rentals, a floating obstacle course for children ages 6+. Contact a reservation specialist at 365-7393 for more information.