



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:30am	4 lanes	4 lanes	4 lanes	4 lanes	4 lanes		
6am	H2O Cardio	Masters Swim	H2O Cardio	Masters Swim			
6:30am	Lap Swim 1 lane	Lap Swim 2 lanes	Lap Swim 1 lane	Lap Swim 2 lanes			
7am	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Masters Swim	Lap Swim
7:30am	4 lanes	4 lanes	4 lanes	4 lanes		Lap Swim 1 lane	4 lanes
8am							
8:30am						Lap Swim	
9am	H2O Cardio	H2O Cardio	H2O Cardio	H2O Cardio	H2O Cardio	4 lanes	
9:30am	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane	Lap Swim 1 lane		
10am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Group Lessons	Group Lessons
10:30am	Lap Swim 1 lane	Group Lessons	Lap Swim 1 lane	Group Lessons	Lap Swim 4 lanes	Lap Swim 1 lane	Lap Swim 1 lane
11am	Lap Swim 4 lanes		Lap Swim 4 lanes				
11:30am							
12pm	Wave Running	Lap Swim	H2O Cardio	Lap Swim	H2O Cardio		
12:30pm	Lap Swim 1 lane	4 lanes	Lap Swim 1 lane	4 lanes	Lap Swim 1 lane		
1pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Open Swim	Gauntlet Party Rental
1:30pm							(Pool & Hot Tub closed)
2pm							
2:30pm							
3pm							
3:30pm							
4pm		Group Lessons		Group Lessons			
4:30pm	Group Lessons	Lap Swim 1 lane	Group Lessons	Lap Swim 1 lane			
5pm					Gauntlet Setup		
5:30pm					Lap Swim 2 lanes		
6pm		Lap Swim 4 lanes		Lap Swim 3 lanes	Open Swim with The Gauntlet		
6:30pm	Open Swim		Open Swim*	Adult Group Lessons			
7pm							
7:30pm		Rental		Rental	Lap Swim 4 lanes		Lap Swim 4 lanes
8pm		Lap Swim 1 lane		Lap Swim 1 lane			
8:30pm	Lap Swim 4 lanes		Lap Swim 4 lanes				
9pm							
9:30pm							
9:45pm							

**Lap Swim**

A time reserved for lap swimming and other conditioning activities. Private lessons available during this time. \*No lap swim during Family Fun Night Open Swim (3rd Wednesday of every month, 6:30-8:30pm).

**Private Lessons**

We offer private and semi-private lessons to accommodate any age and skill level at a variety of times. A section of the pool may be limited for the lessons. Call 365-7393 for more information.

**Group Lessons**

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

**Adult Group Lessons**

A variety of swim lesson programs specifically for adults.

**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 9 MUST be accompanied by an adult.

**Group Fitness**

A variety of fun, FREE classes for members.

**Rental**

A time reserved for pre-booked special programming in the pool.

**The Gauntlet**

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. \*Every 3rd Wednesday for Family Fun Night.

**POOL HOURS**  
**MON-THURS**  
**5AM-9:45PM**  
**FRIDAY**  
**5AM-8:45PM**  
**SAT-SUN**  
**7AM-7:45PM**