



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							
6am		Masters Swim 3 lanes		Masters Swim 3 lanes			
6:30am		Adult Cond. 3 lanes		Adult Cond. 3 lanes			
7am							
7:30am		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes			
8am						8am Adult Conditioning 5 lanes	
8:30am						8:30am	
9am	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	9am Group Lesson 6 lanes	9am Adult Conditioning 6 lanes
9:30am	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes		
10am	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes	Adult Conditioning 6 lanes	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes		
10:30am	Open Swim 2 lanes	Open Swim 2 lanes	Open Swim 2 lanes	Open Swim 2 lanes	Open Swim 2 lanes		
11am	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 4 lanes	Adult Cond. 3 lane	Adult Cond. 3 lanes		
11:30am						11:30am Adult Conditioning 4 lanes	
12pm	Adult Conditioning 5 lanes		Adult Conditioning 6 lanes		Adult Conditioning 5 lanes	12pm Private Swim Lessons 2 lanes	
12:30pm						12:30pm	
1pm	Open Swim 2 lanes	Open Swim 2 lanes	Adult Cond. 2 lanes	Open Swim 2 lanes	Adult Cond. 2 lanes	1pm	1pm Open Swim 4 lanes
1:30pm	Adult Cond. 2 lanes	Adult Cond. 3 lanes		Adult Cond. 3 lane	Adult Cond. 3 lanes	1:30pm	Adult Cond. 2 lanes** Subject to availability, call ahead to confirm.
2pm						2pm	
2:30pm						2:30pm	
3pm						3pm	
3:45pm	Swim Team 4 lanes	Swim Team 3 lanes	Swim Team 4 lanes	Swim Team 2 lanes	Swim Team 2 lanes	3:45pm	3:45pm
4pm	M.S.C 2 lanes	Adult Cond. 2 lanes	M.S.C 2 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	4pm	4pm Adult Conditioning 6 lanes
4:30pm		Swim Team 2 lanes		Swim Team 2 lanes		4:30pm	
5pm	Adult Cond. 1 lane	Group Lessons 2 lanes	Adult Cond. 2 lanes	Group Lessons 2 lanes		5pm	
5:30pm	Private Swim Lessons 1 lane	Adult Cond. 1 lane		Private Swim Lessons 1 lane		5:30pm	
6pm	Aqua Zumba 4 lanes	Open Swim 4 lanes	Transition Time (Pool Closed) (6:15-6:30pm)	Aqua Zumba (6:10-7:10pm) 4 lanes	Open Swim 4 lanes	6pm	
6:30pm	(6:10-7:10pm) Open Swim 4 lanes	Adult Cond. 1 lane	Water Warrior Wednesday with The Gauntlet 6 lanes	Open Swim 4 lanes	Adult Cond. 2 lanes	6:30pm	6:30pm Paddleboard 4 lanes Starts October 5
7:15pm						7pm	
7:30pm		Adult Conditioning 6 lanes			Adult Conditioning 6 lanes	7:30pm	
8pm						8pm	
8:30pm						8:30pm	
9pm							

Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+.

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 for more information at 365-7393.

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.

Camp Swim

Dedicated swim time for all camp participants!

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+.

Kayaking

Ever wanted to learn basic kayaking skills? Now is your chance! Select your own lesson series. Adults and youth, ages 8+ are welcome – reserver your spot at the Member Support Desk.

Paddleboard

Ever wanted to learn basic paddleboard skills? In this class you will learn safety and basic technique. Come and have fun! Adults and youth, ages 8+ are welcome – reserver your spot at the Member Support Desk.

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.

POOL HOURS

MON-WED 5AM-9PM
SAT 8AM-8:30PM
SUN 10AM-8PM