### Swimming Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn II Swim Level I</td>
<td>Water Walking</td>
<td>Learn II Swim Level II</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Water Walking</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>12:00-12:45 Adults</td>
<td>12:00-12:45</td>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>10:00-10:45 Adults</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open/Lap</td>
</tr>
<tr>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>11:00-11:45 Adult</td>
<td></td>
</tr>
<tr>
<td>Pool Closed</td>
<td>Pool Closed</td>
<td>Pool Closed</td>
<td>Pool Closed</td>
<td>Pool Closed</td>
<td>Open Swim 12:00-2:00</td>
</tr>
<tr>
<td>4-5</td>
<td>4-5</td>
<td>4-5</td>
<td>4-5</td>
<td>2-3</td>
<td></td>
</tr>
</tbody>
</table>

All children under 8 years old and 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

### Track Schedule

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>AGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>9:00-9:45am</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td>Saturday*</td>
<td>10:00-10:45am*</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td></td>
<td>11:00-11:45am*</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td>TIMES</td>
<td>12:00-12:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>1:00-1:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>2:00-2:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>3:00-3:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>4:00-4:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>5:00-5:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>6:00-6:45pm</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>7:00-7:30pm</td>
<td>18 &amp; over</td>
</tr>
</tbody>
</table>

### Weight Room Schedule

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>AGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>9:00-9:45am</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td>Saturday*</td>
<td>10:00-10:45am*</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td></td>
<td>11:00-11:45am*</td>
<td>55 &amp; over</td>
</tr>
<tr>
<td>TIMES</td>
<td>12:00-12:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>1:15-2:00pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>3:00-3:45pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>4:15-5:00pm*</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>5:30-6:15pm</td>
<td>18 &amp; over</td>
</tr>
<tr>
<td></td>
<td>6:45-7:30pm</td>
<td>18 &amp; over</td>
</tr>
</tbody>
</table>

### Gymnasium Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Walking Adult</td>
<td>Indoor Walking Adult</td>
<td>Indoor Walking Adult</td>
<td>Indoor Walking Adult</td>
<td>Indoor Walking Adult</td>
<td>Indoor Walking Adult</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>12:00-12:45</td>
<td>12:00-12:45</td>
<td>12:00-12:45</td>
<td>12:00-12:45</td>
<td>12:00-12:45</td>
</tr>
<tr>
<td>Adult</td>
<td>Adult</td>
<td>Adult</td>
<td>Adult</td>
<td>Adult</td>
<td>Adult</td>
</tr>
<tr>
<td>8-12</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>8-12</td>
</tr>
<tr>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>2:15-4:00</td>
<td>2:30-4:00</td>
<td>2:15-4:00</td>
<td>2:30-4:00</td>
<td>2:30-4:00</td>
</tr>
<tr>
<td>13-17</td>
<td>8-17</td>
<td>13-17</td>
<td>8-17</td>
<td>13-17</td>
<td>13-17</td>
</tr>
<tr>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>4:00-5:00</td>
<td>4:00-5:00</td>
<td>4:00-5:00</td>
<td>4:00-5:00</td>
<td>4:00-5:00</td>
</tr>
<tr>
<td>8-17</td>
<td>8-17</td>
<td>8-17</td>
<td>8-17</td>
<td>8-17</td>
<td>8-17</td>
</tr>
<tr>
<td>Kickboxing Aerobics</td>
<td>Kickboxing Aerobics</td>
<td>Kickboxing Aerobics</td>
<td>Kickboxing Aerobics</td>
<td>Kickboxing Aerobics</td>
<td>Kickboxing Aerobics</td>
</tr>
<tr>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
</tr>
<tr>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
</tr>
<tr>
<td>Badminton</td>
<td>Badminton</td>
<td>Badminton</td>
<td>Badminton</td>
<td>Badminton</td>
<td>Corn Hole</td>
</tr>
<tr>
<td>3:30-5:30</td>
<td>3:30-5:30</td>
<td>3:30-5:30</td>
<td>3:30-5:30</td>
<td>6:00-7:30</td>
<td>6:00-7:30</td>
</tr>
<tr>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
<td>18+</td>
</tr>
<tr>
<td>拉丁 Aerobics</td>
<td>拉丁 Aerobics</td>
<td>拉丁 Aerobics</td>
<td>拉丁 Aerobics</td>
<td>拉丁 Aerobics</td>
<td>拉丁 Aerobics</td>
</tr>
<tr>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
<td>6:30-7:30</td>
</tr>
</tbody>
</table>

### Special Programming

- **America SCORES** – Starting the week of June 6
- **Jazz Funk** – Starting the week of June 6
- **Tennis** – Starting the week of June 6 (Call Center for more information)

Schedule subject to change without prior notice. Adults may not participate during youth basketball skill sessions.