

Aqua Track

Monday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:30 - 9:30 pm

Physical therapy sessions and group fitness classes have priority of use in the Aqua Track.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

Evaluations for cleanliness and water balance are done every 4 hours on all pools and whirlpools.

Club noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Staff may prohibit any behavior deemed unsafe. Outside food and drinks (other than bottled water) are not allowed in the pool area.

For thermo-regulation safety, children under 13 are not allowed in the whirlpools, aqua track, steam rooms or saunas.

Open swim not available during classes and swim lessons.

Tuesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

Wednesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

Thursday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:30 - 9:30 pm

Friday

5:00 am - 7:30 pm

Saturday

7:00 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

Lap Pool - West Side

Monday

5:00 - 7:00 am

10:30 - 11:30 am

12:15 - 9:30 pm

The two lanes on the east side of the indoor pool are always available for lap swimming. Users must sign in at the table. Limit lane usage to 30 minutes when others are waiting.

Tuesday

5:00 - 8:00 am

10:45 am - 6:30 pm

7:15 - 9:30 pm

Lap pool classes move to the outdoor pool, weather permitting. Outdoor water features are turned off during classes.

Wednesday

6:00 - 7:00 am

7:45 - 8:30 am

10:30 - 11:30 am

12:15 - 9:30 pm

Group fitness classes may move into a lap lane if it is not in use. The instructor will move the class out of the lane when it is needed for lap usage.

Thursday

5:00 - 8:00 pm

10:45 am - 9:30 pm

Friday

5:00 - 7:00 am

7:45 - 9:30 am

10:15 am - 7:30 pm

Children 12 years and younger must be supervised by an adult 19 years or older. Infants are required to wear swim diapers.

Saturday

7:00 - 9:30 am

10:15 am - 6:30 pm

US Coast Guard or Red Cross life jackets are recommended for swimming safety. Flotation devices that pop, including water rings and water wings, are not allowed.

Sunday

7:00 am - 6:30 pm

Exiting the indoor pool area during lightning and thunderstorms is encouraged.

Basketball Court Reservations*

*Subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 - 7:00 am FULL COURT Open Gym	5:00 - 7:30 am FULL COURT Open Gym	5:00 - 7:00 am FULL COURT Open Gym	5:00 - 7:30 am FULL COURT Open Gym	5:00 - 7:00 am FULL COURT Open Gym	
7:00 - 9:00 am FULL COURT Open Gym	7:00 - 10:00 am FULL COURT Pickleball	7:45 - 9:15 am FULL COURT Tai Chi+	7:00 - 10:00 am FULL COURT Pickleball	7:45 - 9:15 am FULL COURT Tai Chi+	7:00 - 10:00 am FULL COURT Pickleball	7:00 - 8:30 am FULL COURT Boot Camp
9:00 - 11:00 am FULL COURT Pickleball	10:00 - 11:00 am FULL COURT Young @ Heart	9:15 - 10:45 am FULL COURT Tai Chi	10:00 - 11:00 am FULL COURT Young @ Heart	9:15 - 10:45 am FULL COURT Tai Chi	10:00 - 11:00 am FULL COURT Young @ Heart	8:30 - 11:00 am EAST GYM - Pickleball WEST GYM - Basketball
11:00 am - 1:00 pm FULL COURT Basketball	11:00 am - 12:30 pm WEST GYM - Strength Training 4 Seniors EAST GYM - Basketball	10:30 am - 12:00 pm WEST GYM - Strength Training 4 Seniors EAST GYM - Basketball	11:00 am - 12:30 pm WEST GYM - Strength Training 4 Seniors EAST GYM - Basketball	10:30 am - 12:00 pm WEST GYM - Strength Training 4 Seniors EAST GYM - Basketball	11:00 am - 1:00 pm FULL COURT Basketball	11:00 am - 1:00 pm FULL COURT Basketball
11:00 am - 1:00 pm FULL COURT Basketball	12:30 - 1:00 pm FULL COURT Basketball	12:00 - 1:00 pm FULL COURT Basketball	12:30 - 1:00 pm FULL COURT Basketball	12:00 - 1:00 pm FULL COURT Basketball	11:00 am - 1:00 pm FULL COURT Basketball	11:00 am - 1:00 pm FULL COURT Basketball
1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00 - 3:00 pm EAST GYM - Pickleball WEST GYM - Basketball
3:00 - 5:00 pm EAST GYM - Basketball WEST GYM - Pickleball	3:00 - 5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00 - 5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00 - 5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00 - 5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00 - 6:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00 - 5:00 pm EAST GYM - Basketball WEST GYM - Pickleball
5:00 - 7:00 pm FULL COURT Open Gym	5:00 - 8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00 - 8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00 - 8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00 - 8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	6:00 - 8:00 pm FULL COURT Open Gym	5:00 - 7:00 pm FULL COURT Open Gym
	8:00 - 10:00 pm FULL COURT Open Gym	8:00 - 10:00 pm FULL COURT Open Gym	8:00 - 10:00 pm FULL COURT Open Gym	8:00 - 10:00 pm FULL COURT Open Gym		

Helpful Reminders

- Please be respectful of all members. Court reservations have priority of use.
- Reserved times may be used for other activities if the court is not in use for the designated activity.
- Children under 13 years of age must be supervised at all times by an adult at least 19 years of age and are only allowed in the pool area and on the basketball court.
- Non-marking shoes are to be worn on the basketball court.
- Exercise equipment may not be used by children under 13 years of age.
- Pickle ball equipment is available for check out at the front desk.
- Change into workout shoes after entering the club.
- Wipe equipment with sanitizing wipes before and after use.
- When others are waiting, limit equipment and lap lane usage to 30 minutes.
- Taking unauthorized photos and videos is prohibited.
- Personal listening equipment is required when using a cell phone or device.
- The Club is not responsible for theft, loss or damage of personal property.

Hours

Club Hours Monday-Thursday 5:00 am - 10:00 pm
 Friday 5:00 am - 8:00 pm
 Saturday-Sunday 7:00 am - 7:00 pm
 Pool closes 30 minutes prior to club closing.

Senior Plus Option - Usage Hours

Monday-Friday 7:00 am - 4:00 pm
 Saturday-Sunday 7:00 am - 7:00 pm

Member Services - Office Hours

Monday-Thursday 9:00 am - 7:00 pm
 Friday 9:00 am - 6:00 pm
 Saturday 9:00 am - 4:00 pm
 Sunday 11:00 am - 4:00 pm