

## Aqua Track

### Monday

5:00 am- 12:15 pm  
1:00 - 5:30 pm  
6:30 - 9:30 pm

### 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

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.

Open swim is not available during group fitness classes and swim lesson times.

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

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

Open swim times in all pools are subject to change.

## Lap Pool - West Side

### Monday

5:00 - 7:00 am  
10:30 - 11:30 am  
12:15 - 9:30 pm

### Tuesday

5:00 - 8:00 am  
10:45 a.m. - 9:30 pm

### Wednesday

6:00 - 7:00 am  
7:45 - 8:30 am  
10:30 - 11:30 am  
12:15 - 9:30 pm

### Thursday

5:00 - 8:00 am  
10:45 am- 9:30 pm

### Friday

5:00 - 7:00 am  
7:45 - 9:30 am  
10:15 am - 7:30 pm

### Saturday

7:00 - 9:30 am  
10:15 am - 6:30 pm

### Sunday

7:00 am - 6:30 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.

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 swimming/usage.

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

For thermoregulation safety, children 12 years and younger are prohibited in the whirlpools, aqua track, steam rooms or saunas.

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

