

**Indoor Pool Schedule  
January 8-March 23,2023**

12/20/22

| Sunday                                 | Monday                                | Tuesday   | Wednesday                             | Thursday  | Friday                                | Saturday                              |
|--|---------------------------------------|---|---------------------------------------|---|---------------------------------------|---------------------------------------|
|  | No Lifeguard on Duty                  | No Lifeguard on Duty                                  | No Lifeguard on Duty                  | No Lifeguard on Duty                                  | No Lifeguard on Duty                  |                                       |
| No Lifeguard on Duty<br>7:00am-10:00am | 5:00am-7:30am                         | 5:00am-5:00pm   | 5:00am-7:30am                         | 5:00am-10:30am  | 5:00am-7:30am                         | No Lifeguard on Duty<br>7:00am-8:00am |
|  | Guard on Duty 7:30am-9:00am           | Guard on Duty 7:30am-11:30am                          | Guard on Duty 7:30am-9:00am           | Guard on Duty 10:30am-7:30pm                          | Aqua-Fit                              | Guard on Duty                         |
| Guard on Duty<br>10:00am-7:00pm        | Aqua-fit 7:30am-8:30am                | Adult Swim Lessons 7:30am-8:15pm                      | AquaFit 7:30am-8:30am                 |   | 7:30am-8:30am                         | 8:00am-7:00pm                         |
| Private Swim Lessons<br>9:00am-12:00pm | No Lifeguard on Duty<br>9:00am-1:00pm | Swim Lessons<br>9:30am-11:30am                        | No Lifeguard on Duty<br>9:00am-3:00pm |   | Guard on Duty<br>7:30am-9:00am        | Swim Lessons<br>8:30am-11:10am        |
| Swim Lessons<br>12:00pm-2:45pm         |                                       | No Lifeguard on Duty<br>11:30am-2:00pm                |                                       | Swim Lessons<br>9:30am-11:30am                        | No Lifeguard on Duty<br>9:00am-4:00pm |                                       |
|  |                                       |   |                                       |   |                                       |                                       |
|  |                                       |   |                                       |   |                                       | Aqua-Fit<br>11:15am-12:15pm           |
|  | Guard on Duty 4:00pm-7:00pm           |   | Lifeguard on Duty<br>3:00pm-7:00pm    | Swim Lessons 1:30pm-2:10pm                            |                                       |                                       |
|  |                                       | Arthritis Foundation (March)<br>Swim<br>2:15pm-3:00pm |                                       | Arthritis Foundation (March)<br>Swim<br>2:15pm-3:00pm |                                       |                                       |
|  | Swim Lessons<br>4:00pm-7:00pm         | Lifeguard on Duty<br>3:00pm-7:00pm                    | Swim Lessons<br>3:30pm-5:15pm         | Swim Lessons<br>4:00pm-7:30pm                         | Guard on Duty<br>4:00pm-7:00pm        |                                       |
|  |                                       | Swim Lessons<br>4:00pm-5:15pm                         |                                       |   |                                       |                                       |
| No Lifeguard on Duty<br>7:00pm-8:30pm  | No Lifeguard on Duty<br>7:00pm-9:30pm | No Lifeguard on Duty<br>7:00pm-9:30pm                 | No Lifeguard on Duty<br>7:00pm-9:30pm | No Lifeguard on Duty<br>7:30pm-9:30pm                 | No Lifeguard on Duty<br>7:00pm-9:30pm | No Lifeguard on Duty<br>7:00pm-8:30pm |
|  |                                       |   |                                       |   |                                       |                                       |

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|--|
| At least one lane available                |
| No Lifeguard on Duty-Swim at your own risk |

|                                 |
|---------------------------------|
| No lanes available at this time |
| Lifeguard on Duty               |