



	MONDAY	TUESDAY	WED-DAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:30-7:00 AM	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open at 7Am	
7:00-8:00 AM	Open Swim	Open/Lap	Open Swim	Open/Lap	Open Swim	Open/Lap	
8:00-9:00 AM	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap		Open at 9 Am
9:00-10:00 AM	Open/Lap	Open Swim	Open/Lap	Open Swim	Open/Lap	Open/Lap	
10:00-10:30 AM	Open/Lap	Gentle Swm	Open/Lap	Gentle Swm	Open/Lap	Open/Lap	Open/Lap
10:30-11:30AM	Therapy Starts	Therapy Start	Therapy Starts	Therapy Start	Therapy Starts		
10:30-1:00 PM	Gentle Swm	Open/Lap	Gentle Swm	Open/Lap	Gentle Swm	Open/Lap	Open/Lap
12:00-1:00 PM	Gentle Swm		Gentle Swm		Gentle Swm	Family Swim	Family Swim
1:00pm	Therapy End	Therapy Strt	Therapy End	Therapy Strt	Therapy End		
1:00-2:00 PM	Open/Lap	Gentle Swm	Open/Lap	Gentle Swm	Open/Lap	Open Swim	Open Swim
2:00-3:00 PM	Open/Lap	Gentle Swm	Open/Lap	Gentle Swm	Open/Lap	Open Swim	Open Swim
3:00 PM		TherapyEnd		TherapyEnd		Open Swim	Open Swim
3:00-4:00 PM	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Family Swim Ends 3:30 Pm	Family Swim Ends 3:30
4:00 PM		Therapy Strt		Therapy Strt		Open/Lap3:30	Open/Lap3:30
4:00-5:00 PM	Open Swim	Gentle Swm	Open Swim	Gentle Swm	Open/Lap	Closed 4 Pm	Closed 4 Pm
5:00-6:00 PM	Open Swim	Gentle Swm	Open Swim	Gentle Swm	Open/Lap		
6:00 PM		TherapyEnd		TherapyEnd			
6:00-6:30 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open/Lap		
6:30-9:00 PM	Open Swim	Open/Lap	Open Swim	Open/Lap	Closed 8pm	Closed 4Pm	Closed 4Pm

Open/Lap – You may lap swim, water walk, use equipment, etc... during this time.

Gentle Swim – No wake please. A good time to stretch, quietly swim or meditate.

Open – No lap swimming please. If number of members in pool is low and there is cooperation, members may lap but no lap lane line will be in. You may be sharing the pool with a class or group at this time.

Family – You may follow Open swim guidelines.

Therapy – Please be aware of patients when sharing the pool with therapy sessions. It is very important during this time to stay outside of the therapists work area to ensure the best patient/member experience.