

FITNESS POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am	FITNESS POOL TEMPERATURE 88°F	ADULT SWIM 5-8:30am	ADULT SWIM 5-6:30am	ADULT SWIM 5-8:30am	ADULT SWIM 5-6:30am	ADULT SWIM 5-8:30am	
6am			HYDRO-FIT 6:30-7:30am		HYDRO-FIT 6:30-7:30am		
7am	ADULT SWIM 7-10am	WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am	ADULT SWIM 7-10am
8am							
9am	ADULT SWIM 9:30-11am	ADULT SWIM 7am-3pm		ADULT SWIM 9:30-11am	ADULT SWIM 7am-3pm	ADULT SWIM 9:30-11am	
10am	AQUA THEREX 11am-12pm			AQUA THEREX 11am-12pm		AQUA THEREX 11am-12pm	
11am	FAMILY SWIM 10am-7pm	ADULT SWIM 12-3pm	ADULT SWIM 12-3pm	ADULT SWIM 12-3pm	ADULT SWIM 12-3pm	FAMILY SWIM 10am-7pm	
12pm							
1pm		FAMILY SWIM/ SWIM LESSONS 3-5:30pm	FAMILY SWIM/ SWIM LESSONS 3-5:30pm	FAMILY SWIM/ SWIM LESSONS 3-8pm	NCC LESSONS 3-4pm		
2pm							SHALLOW/DEEP CARDIO 5:30-6:30pm
3pm	FAMILY SWIM/ SWIM LESSONS 6:30-8pm	FAMILY SWIM/ SWIM LESSONS 6:30-8pm	ADULT SWIM 8-9pm		MOONLIGHT SWIM 8-9pm		
4pm	MOONLIGHT SWIM 8-9pm	MOONLIGHT SWIM 8-9pm					
5pm							
6pm							
7pm							
8pm							

ADULT SWIM Available to members 14 years and older. No Lifeguard on duty.

NCC LESSONS Pool is exclusively RESERVED for our Newberry Preschool students during this time.

WATER FITNESS CLASSES Pool is exclusively RESERVED for class participants. Descriptions of water fitness classes are available on the Group Exercise Handout.

FAMILY SWIM/SWIM LESSONS Available to all members. Children under 14 years must be accompanied by an adult. No Lifeguard is on duty. Private/Semi-Private Lessons may occur during Family Swim, please allow instructor and participant plenty of space.

CHILDREN'S SPA USAGE Children must be potty trained to use the spa. Children under 14 are permitted in the spa during Family Swim, or for 5 minutes following lessons. Children must have a parent within arms reach. Spa time is limited to 5 minutes, and children must sit quietly. No toys are permitted.



