

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							
8am	ADULT SWIM 7-10am		ADULT SWIM 7:30-9:30am		ADULT SWIM 7:30-9:30am		ADULT SWIM 7-10am
9am		WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am	
10am	FAMILY SWIM 10am-7pm Pool may be in use for Birthday Parties	ADULT SWIM 9:30-11am	FAMILY SWIM 9:30-11am	ADULT SWIM 9:30-11am	FAMILY SWIM 9:30-11am	ADULT SWIM 9:30-11am	FAMILY SWIM 10am-7pm
11am		AQUA THEREX 11am-12pm		AQUA THEREX 11am-12pm		AQUA THEREX 11am-12pm	
12pm		ADULT SWIM 12-2pm	ADULT SWIM 11am-2pm	ADULT SWIM 12-2pm	ADULT SWIM 11am-2pm	ADULT SWIM 12-2pm	
1pm							
2pm		KIDS CAMP/ FAMILY SWIM 2-3pm	KIDS CAMP/ FAMILY SWIM 2-3pm	KIDS CAMP/ FAMILY SWIM 2-3pm	KIDS CAMP/ FAMILY SWIM 2-3pm	KIDS CAMP/ FAMILY SWIM 2-3pm	
3pm		FAMILY SWIM/ SWIM LESSONS 3-5:30pm	NCC LESSONS 3-4pm	FAMILY SWIM/ SWIM LESSONS 3-5:30pm	FAMILY SWIM/ SWIM LESSONS 3-8pm	NCC LESSONS 3-4pm	
4pm							
5pm							
6pm		SHALLOW/DEEP CARDIO 5:30-6:30pm	FAMILY SWIM/ SWIM LESSONS 4-8pm	SHALLOW/DEEP CARDIO 5:30-6:30pm		FAMILY SWIM/ SWIM LESSONS 4-8pm	
7pm	ADULT SWIM 7-8pm	FAMILY SWIM/ SWIM LESSONS 6:30-8pm		FAMILY SWIM/ SWIM LESSONS 6:30-8pm			ADULT SWIM 7-8pm
8pm		MOONLIGHT SWIM 8-9pm	ADULT SWIM 8-9pm	MOONLIGHT SWIM 8-9pm	ADULT SWIM 8-9pm	MOONLIGHT SWIM 8-9pm	

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.

KIDS CAMP/FAMILY SWIM/SWIM LESSONS Available to all members. Children under 14 years must be accompanied by an adult. No Lifeguard is on duty. Kids Camp participants will be in the pool M-F from 2-3pm, and Private/Semi-Private Lessons may occur during this time, please allow these groups 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.



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