

## Aquatics Center Schedule 12/12 - 12/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim* 6am - 7:55am		Lap Swim* 6am - 7:55am		Lap Swim* 6am - 7:55am		
6:30am							
7:00am							
7:30am							
8:00am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Shallow Water Ex 8:30am -9:15am	
8:30am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am		Deep Water Ex 9:15am - 10am
9:00am	Lap Swim* 10am - 1pm	Lap Swim* 10am - 11am	Lap Swim* 10am - 1pm (Open during MS Class)	Lap Swim* 10am - 11am	Lap Swim* 10am - 1pm		Family Swim** 10am - 11am
9:30am						MS Class (Basin) 12:00 - 1:00	
10:00am			Lap Swim* 12:30pm - 3pm (Cleveland Clinic Therapy 12:30pm- 3pm)	Lap Swim* 12:30pm - 4pm (Cleveland Clinic Therapy 12:30pm- 3pm)			
10:30am			Arthritis Class 2-2:50p			Arthritis Class 2-2:50p	
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Arthritis Class 2-2:50p						
2:30pm							
3:00pm							
3:30pm							
4:00pm	Lap Swim* 4-6:30pm (Open During MS Class)	Lap Swim* 4-6:30pm	Lap Swim* 4-6:30pm				
4:30pm							
5:00pm	MS Class (Basin) 5:30-6:30						
5:30pm							
6:00pm	LG Break 6:30-7	LG Break 6:30-7	LG Break 6:30-7				
6:30pm							
7:00pm	Family Swim** 7-8pm	Deep Water Ex 7pm - 7:50pm	Shallow Water Ex 7pm - 7:50pm				
7:30pm							
8:00pm							

Hot Tub and Sauna are open ONLY when Aquatics Center is Open

\*Lap Swim - All lanes dedicated to lap swimming/jogging. Basin available for all other activities.

\*\*Family Swim - 3 lanes dedicated to lap swimming/jogging. 1 lane and basin available for all other activities.

SUBJECT TO CHANGE AT ANY TIME. Does not include holidays, special events or unforeseen circumstances.

**The lifeguards have full authority and their word is FINAL.**