

**Lap Pool Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap swim 10:00am-5:30pm	Lap swim 5:30am-7:30 am	Lap Swim 5:30am-4:15pm	Lap swim 5:30am-7:30 am	Lap Swim 5:30am-4:15pm	Lap swim 5:30am-7:30 am	Lap Swim 8am-5:30pm
	Aqua Fit 7:30am-8:30am	Swim Club 4:15pm-5:15pm	Aqua Fit 7:30am-8:30am	Swim Club 4:15pm-5:15pm	Aqua Fit 7:30am-8:30am	
	Lap swim 8:30am-4pm	Lap Swim 5:15pm-8pm	Lap swim 8:30am-4pm	Deep Water Aquaerobics 6pm - 7pm	Lap swim 8:30am-6:30pm	
	Swim Club 4:15pm-5:15pm		Swim Club 4:15pm-5:15pm	Lap Swim 7pm-8pm		
	Lap swim 5pm-8pm		Lap swim 5pm-8pm			

\*Please note- we do occasionally have private swim lessons and classes that might necessitate the need to close a lap lane in the pool. Please be courteous to your other lap lane swimmers and share the lanes available. For any more information, question or comments you can contact our Aquatic Coordinator Ashley@mtparkhoa.com

**Leisure Pool Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Swim 10:00am-12:00pm	Group Swim 5:30am-4:00pm	Group Swim 5:30am-4:00pm	Group Swim 5:30am-8:45am	Group Swim 5:30am-4:00pm	Group Swim 5:30am-8:45am	Group Swim 8am-9am
Guarded Swim 12:00pm-5:30pm	Guarded Swim 4:00pm-8:00pm	Swim Lessons 4pm-6pm	Aqua Strength & Flex 8:45am-9:45am	Swim Lessons 4pm-6pm	Aqua Strength & Flex 8:45am-9:45am	Swim Lessons 9:00am-12:00pm
		Aqua Yoga 6pm-7:15pm	Group Swim 9:45-4:00	Guarded Swim 6pm-8pm	Group Swim 9:45am-4:00pm	Guarded Swim 12:00pm-5:30pm
		Guarded Swim 6pm-8pm	Guarded Swim 4:00pm-8:00pm		Guarded Swim 4:00pm-6:30pm	

**Slide Hours** \*\*only when enough lifeguards are available\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:15pm-5:00pm	No Slide	No Slide	No Slide	No Slide	No Slide	1:15pm-5:00pm

**Hot Tub Scheule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hot Tub 10:00pm-5:30pm	Hot Tub 5:30am-8pm	Hot Tub 5:30am-8pm	Hot Tub 5:30am-8pm	Hot Tub 5:30am-8pm	Hot Tub 5:30am - 6:30pm	Hot Tub 8:00am-5:30pm

Saturdays mornings 8:30 am- 12pm, Tuesdays and Thursdays afternoons 4pm-6pm, and on various times during the weekday we may have group or private swimming lessons in the Leisure and/or Lap Pools. Pool space may be limited during this time for other swimmers.



**Saturdays mornings 8:30 am- 12pm, Tuesdays and Thursdays afternoons 4pm-6pm, and on various times during the weekday we may have group or private swimming lessons in the Leisure and/or Lap Pools. Pool space may be limited during this time for other swimmers.**

**Aqua Strength & Flex:** Is geared to improve balance and mobility by working in the warmer water. This class taught in the Leisure Pool.

**AquaFit:** An active workout designed to improve aerobic fitness, strength and flexibility. This class is taught in the Lap Pool.

**Swim Club & Intro to Swim Club:** Designed for kids age 8-14 years old. Must pass a tryout test before registering for this class. During this time, the Lap Pool is reduced to one lap lane.

**Lap swim:**is for lap swimming and individual exercise for members and guests. There are no lifeguards on duty during this time; therefore, any person under the age of 14 must be supervised by a responsible person at all times.

**Hot Tub-** is for members and their guests. Toys, noodles and/or work out equipment not allowed in the hot tub. Please have permission from your physician and be in good health before entering.

**Guarded Swim** is open to all members and their guests. At this time Lifeguard are scheduled to be on the pool deck. Toys and balls are allowed in the pool along with the current channel, vortex and slide being on as dictated by the schedule and available staffing.

**Group Swim:** is open to all members and their guests. There are no lifeguards on duty during this time. Therefore, any person under the age of 14 must have a responsible person in the room at all times. Use of any toys or equipment should be returns to their proper place.

**Swim Lessons-** We offer American Red Cross swim lessons. During this time the leisure pool is closed to all other activity except the scheduled group and private swim lessons.

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