

**Lap Pool Schedule**

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

\*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
<b>Group Swim</b> 10:00am-12:00pm	<b>Group Swim</b> 5:30am-4:00pm	<b>Group Swim</b> 5:30am-4:00pm	<b>Group Swim</b> 5:30am-8:45am	<b>Group Swim</b> 5:30am-4:00pm	<b>Group Swim</b> 5:30am-8:45am	<b>Group Swim</b> 8:00am-9:00am
<b>Guarded Swim</b> 12:00pm-5:30pm	<b>Guarded Swim</b> 4:00pm-8:00pm	<b>Swim Lessons</b> 4:00pm-6:00pm	<b>Aqua Strength &amp; Flex</b> 8:45am-9:45am	<b>Swim Lessons</b> 4:00pm-6:00pm	<b>Aqua Strength &amp; Flex</b> 8:45am-9:45am	<b>Swim Lessons</b> 9:00am-12:00pm
		<b>Aqua Yoga</b> 6:00pm-7:15pm	<b>Group Swim</b> 9:45-4:00	<b>Guarded Swim</b> 6:00pm-8:00pm	<b>Group Swim</b> 9:45am-4:00pm	<b>Guarded Swim</b> 12:00pm-5:30pm
		<b>Guarded Swim</b> 6:00pm-8:00pm	<b>Guarded Swim</b> 4:00pm-8:00pm		<b>Guarded Swim</b> 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
<b>Hot Tub</b> 10:00am-5:30pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am - 6:30pm	<b>Hot Tub</b> 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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