

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 4:30pm-5:30pm | Aqua Fit 7:30am-8:30am | Swim Club 4:30pm-5:30pm | Aqua Fit 7:30am-8:30am | |
| | Lap swim 8:30am-4pm | Deep Water Aquarobics 6pm - 7pm | Lap swim 8:30am-4pm | Deep Water Aquarobics 6pm - 7pm | Lap swim 8:30am-6:30pm | |
| | Swim Club 4:30pm-5:30pm | Lap Swim 7pm-8pm | Swim Club 4:30pm-5:30pm | 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-8:45am | 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 | Aqua Strength & Flex 8:45am-9:45am | 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 |
| | Group Swim 9:45-4:00 | Guarded Swim 6pm-8pm | Group Swim 9:45-4:00 | Guarded Swim 6pm-8pm | Group Swim 9:45am-4:00pm | Guarded Swim 12:00pm-5:30pm |
| | Guarded Swim 4:00pm-8:00pm | | 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 |
|---------------|----------|----------|-----------|----------|----------|---------------|
| 1:00pm-3:00pm | No Slide | No Slide | No Slide | No Slide | No Slide | 1:00pm-3:00pm |
| 3:45pm-4:45pm | | | | | | 3:45pm-4:45pm |

Hot Tub Scheule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------------|---------------------------------|
| Hot Tub 10:00am-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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