

Lap Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap swim 10:00am-1:00pm	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-1:00pm
Open Swim 1:00pm-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	Open Swim 1:00pm-5:30pm
	Lap swim 8:30am-4pm	Lap Swim 5:15pm-8pm	Lap swim 8:30am-4pm	Deep Water Aquarobics 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			

Leisure Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Swim 10:00am-12:00pm	Lap Swim 5:30am-9am	Lap Swim 5:30am-9am	Lap swim 5:30am-8:45am	Lap Swim 5:30am-9am	Lap swim 5:30am-8:45am	Lap Swim 8am-9am
Open Swim 12:00pm-5:30pm	Group Swim 9:00-1:00	Group Swim 9:00-1:00	Aqua Strength & Flex 8:45am-9:45am	Group Swim 9:00-1:00	Aqua Strength & Flex 8:45am-9:45am	Swim Lessons 9:00am-12:00pm
	Open Swim 1:00pm-8:00pm	Open Swim 1:00pm-4:00pm	Group Swim 9:45-1:00	Open Swim 1:00pm-4:00pm	Group Swim 9:45am-1:00pm	Open Swim 12:00pm-5:30pm
		Swim Lessons 4pm-6pm	Open Swim 1:00pm-8:00pm	Swim Lessons 4pm-6pm	Open Swim 1:00pm-6:30pm	
		Aqua Yoga 6pm-7:15pm		Open Swim 6pm-8pm	Open Swim 1:00pm-6:30pm	
		Open Swim 6pm-8pm				

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

The vortex and current channel may be open limited times Monday through Thursday from 1:00pm-8 pm, and the slide, vortex, and current channel may be open limited times Sunday through Saturday 1pm-5pm and only when enough lifeguards are on duty. ***On Tuesday and Thursdays features will be turned off from 4pm-6pm for swim lessons***

Saturdays mornings 8:30 am- 12pm, Tuesdays and Thursdays afternoons 4pm-6pm, Monday-Thursday mornings 10am-12pm and on various mornings during the weekday we may have group 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 . There are no lifeguards on duty during this time; therefore, any person under the age of 14 must be supervised by a responsible person.

Hot Tub: is for members. Please have permission from your physician and be in good health before entering.

Open Swim is open to all members. At this time balls and toys are allowed in the pool along with the current channel, vortex and sometimes slide on if there is enough available staff.

Group Swim: is open to all members. 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. Use of any toys or equipment should be returns to their proper place.

Swim Lessons- During swim lesson time, the leisure pool is closed to all other activity other than personal water excersie and lap swimming. You may register at the front desk for swim lessons

*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 Fitness/Aquatics Director Danielle at Danielleb@mtparkhoa.com or call 503-635-3561

