04/04/2025

MOUNTAIN PARK AQUATICS

POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6 AM							
7 AM	aqua fit - 7:15		aqua fit - 7:15am		aqua fit - 7:15am		
8 AM						*swim lessons	
	aqua strength - 8:30		aqua fusion - 8:30		aqua yoga - 8:30	*swim lessons	
9 AM						*swim lessons	
			aqua yoga - 9:30			*swim lessons	
10 AM						*swim lessons	
						*swim lessons	
11 AM						*swim lessons	
						*swim lessons	
12 PM							
1 PM							
					water walking		close 2:30pm
4 PM		*swim lessons	*swim lessons (4:30)	*swim lessons			
		*swim lessons		*swim lessons		close 3:30pm	
5 PM		*swim lessons	*swim lessons	*swim lessons			
		*swim lessons		*swim lessons			
6 PM			*swim lessons (6:30)	deep water aerobics - 6:15			
					close 6:30pm		
7 PM							
	close 7:30pm	close 7:30pm	close 7:30pm	close 7:30pm			

*Lanes 2&3 open for reservations during swim lessons. Open swim available near water slide.

Group Ex classes last one hour.

Closing time applies to all pools.

Lap Pool

Leisure Pool

*pre-register for classes and lap lanes
For more info, please email aquatics@mtparkhoa.com