

POOL SCHEDULE

Pool Hours - Open Swim Available*
Monday - Thursday: 6:00 AM - 7:30 PM

Friday: 6:00 AM - 6:30 PM

Saturday: 8:00 AM - 3:30 PM

Sunday: 10:00 AM - 2:30 PM

*During swim lessons and group fitness classes, open swim is available in the area in front of the water slide

MON

TUE

WED

THU

FRI

SAT

7:15-8:15a
Aqua Fit
 Lap pool

4:00-6:00p
Swim Lessons
 Lap Pool Lane 1

9:00-10:00a
Aqua Yoga
 Leisure Pool

4:00-6:00p
Swim Lessons
 Lap Pool Lane 1

7:15-8:15a
Aqua Fit
 Lap pool

8:30-11:30a
Swim Lessons
 Lap Pool Lane 1

8:30-9:30a
Aqua Strength
 Leisure Pool

5:00-5:30p
Swim Lessons
 Lap Pool (all lanes)

10:45a-11:45a
Water Walking
 Leisure Pool

5:00-5:30p
Swim Lessons
 Lap Pool (all lanes)

8:30-9:30
Aqua Yoga
 Leisure Pool

9:30-10:00a
Swim Lessons
 Lap Pool (all lanes)

4:00-6:00p
Swim Lessons
 Leisure Pool

4:30-6:30p
Swim Lessons
 Lap Pool Lane 1

4:00-6:00p
Swim Lessons
 Leisure Pool

1:00p-2:00p
Water Walking
 Leisure Pool

8:30-11:30a
Swim Lessons
 Leisure Pool

6:15-7:15p
Deep Water Aerobics
 Lap Pool

Lap Pool

Leisure Pool

[Pre-register for classes and lap lanes](#)

For more info, please email aquatics@mtparkhoa.com





AQUATIC GROUP EXERCISES CLASSES

Aqua Fit

An active workout designed to improve aerobic fitness, strength, and flexibility. Class taught in the Lap Pool.

Aqua Strength

This class is geared to improve balance and mobility by working out in warmer water. Class taught in Leisure Pool.

Aqua Yoga

An active workout designed to improve balance, strength, and flexibility. Class taught in the Leisure Pool.

Deep Water Aerobics

This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on hips or knees. Taught in the Lap Pool.