

Pool Schedule

EFFECTIVE
AUGUST 1, 2019

- Schedule and programming subject to change at any time.
- Lap swimming is only permitted during Open Swim times.
- Hydrotherapy pool is only accessible during Open Swim times.
- Body Zone Programming consists of: aqua fitness classes, Swim School, Competitive Stroke School, private and semi-private swim lessons, Masters Swimming Club and other special programs. **Lap swimming and hydrotherapy pool access is not permitted during this time.**
- Questions? Please contact: Kyle Lincoln, klincoln@bodyzonesports.com.

WEEKDAY SCHEDULE

MONDAY, WEDNESDAY & FRIDAY

POOL CLOSES AT 8:30 PM ON FRIDAYS*

<u>TIMES</u>	<u>PERMITTED ACTIVITY</u>
5:00 - 8:00 AM	Open Swim - four lanes open
8:00 AM - 1:00 PM	Body Zone Programming (hydrotherapy pool is closed)
1:00 - 4:00 PM	Open Swim - four lanes open
4:00 - 7:00 PM	Body Zone Programming (hydrotherapy pool is closed)
7:00 - 9:00 PM*	Open Swim - four lanes open

TUESDAY & THURSDAY

<u>TIMES</u>	<u>PERMITTED ACTIVITY</u>
5:00 - 7:00 AM	Open Swim - four lanes open
7:00 AM - 1:00 PM	Body Zone Programming (hydrotherapy pool is closed)
1:00 - 4:00 PM	Open Swim - four lanes open
4:00 - 7:00 PM	Body Zone Programming (hydrotherapy pool is closed)
7:00 - 9:00 PM	Open Swim - four lanes open

WEEKEND SCHEDULE

SATURDAY

<u>TIMES</u>	<u>PERMITTED ACTIVITY</u>
7:00 AM - 2:30 PM	Body Zone Programming (hydrotherapy pool is closed)
2:30 - 5:30 PM	Open Swim - four lanes open

SUNDAY

<u>TIMES</u>	<u>PERMITTED ACTIVITY</u>
7:00 - 10:00 AM	Open Swim - four lanes open
10:00 AM - 2:30 PM	Body Zone Programming (hydrotherapy pool is closed)
2:30 - 5:30 PM	Open Swim - four lanes open

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