

Pool Schedule

EFFECTIVE
SEPTEMBER 3, 2019

(SCHEDULE AND PROGRAMMING SUBJECT TO CHANGE AT ANY TIME)

- "Open Swim" consists of: lap swimming, water walking, independent aquatic exercise and hydrotherapy pool use.
- Lap swimming and hydrotherapy pool are only available 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*

TIMES	PERMITTED ACTIVITY
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 - 9:30 PM*	Open Swim - four lanes open

TUESDAY & THURSDAY

TIMES	PERMITTED ACTIVITY
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 - 9:30 PM	Open Swim - four lanes open

WEEKEND SCHEDULE

SATURDAY

TIMES	PERMITTED ACTIVITY
7:00 AM - 2:30 PM	Body Zone Programming (hydrotherapy pool is closed)
2:30 - 6:30 PM	Open Swim - four lanes open

SUNDAY

TIMES	PERMITTED ACTIVITY
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 - 6:30 PM	Open Swim - four lanes open

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