



# November 4-30, 2024

Tea/Ellis Location

	OPEN SWIM	LAP SWIM	ZERO DEPTH	WATER EXERCISE	SWIMMING LESSONS
<b>Sunday</b>	N/A	N/A	N/A	N/A	N/A
<b>Monday</b>	5AM – 9:15AM 11AM - 5:45PM 6:30PM-8:45PM	5AM – 9:15AM 11AM - 5:45PM 6:30PM-8:45PM	5 AM –8:45PM	TOTAL BODY H2O 9:15AM -10AM AQUA MOVES 10:15AM-11:00AM HIGH POWER 5:45PM-6:30PM	N/A
<b>Tuesday</b>	5 AM –9:15AM 10AM-5:45PM 6:30PM - 8:45PM <b>*Partial Pool Closures due to Swim Lessons 4:30PM-7:30PM</b>	5 AM –9:15AM 10AM-5:45PM 6:30PM - 8:45PM	5 AM –8:45PM	TABATA TUESDAY 9:15AM-10AM TOTAL BODY H2O 5:45PM – 6:30PM	10/7-11/7/24 4:30PM-7:30PM
<b>Wednesday</b>	5AM – 9:15AM 10AM - 5:45PM 6:30PM - 8:45PM	5AM – 9:15AM 10 AM - 5:45PM 6:30PM - 8:45PM	5 AM – 8:45PM	MOVE THAT BODY 9:15am-10AM AQUA MOVES 5:45PM-6:30PM	N/A
<b>Thursday</b>	5AM – 9:15AM 10AM – 6:00 PM 6:45PM - 8:45PM <b>*Partial Pool Closures due to Swim Lessons 4:30PM-7:30PM</b>	5AM – 9:15AM 10AM – 6:00 PM 6:45PM - 8:45PM	5 AM – 8:45PM	WATER BOOT CAMP 9:15AM-10AM MOVE THAT BODY 6:00PM – 6:45PM	10/7-11/7/24 4:30PM-7:30PM
<b>Friday</b>	5AM – 9:00AM 10:45AM - 7:45PM	5AM – 9:00AM 10:45AM - 7:45PM	5 AM – 7:45PM	AQUA CIRCUIT TABATA 9:00AM-9:45AM MOVE THAT BODY 10AM-10:45AM	N/A
<b>Saturday</b>	8AM -4:45PM	7AM – 4:45PM	7AM – 4:45PM	<b>*Adult Water Wellness</b> 7:00AM-8AM	N/A

• **SCHEDULE SUBJECT TO CHANGE**

- **Swim lessons - partial pool closure, lap lane and zero-depth open**
- **Group Fitness classes - partial pool closure, no water features, zero-depth open**
- **HOT TUB is closed every other Thursday for cleaning**
- **ADULT WATER WELLNESS - This is not facilitated by staff but allows YOU to utilize the pool and pool equipment. Pool workouts are available in the pool area**