

East Pool Schedule

Starting April 10th 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
7:30am	Open Swim 7:30 - 10am	Open Swim 7:30 - 9am	Open Swim 7:30 - 9am	Open Swim 7:30 - 9am	Open Swim 7:30 - 9am	Open Swim 7:30 - 9am	Open Swim 7:30 - 9am
8:00am							
8:30am							
9:00am		Aqua-Zumba, 9:00-9:45am	Rise & Shine 9-10am	Aqua Zumba, 9:00-9:45am	Rise & Shine 9-10am	Open Swim 8:30am-12:00pm	Whirlpool 8:30am-12:00pm
9:30am	Whirlpool 7:30am-12:30pm	Whirlpool 7:30am-12:30pm	Whirlpool 7:30am-12:30pm	Whirlpool 7:30am-12:30pm	Whirlpool 7:30am-12:30pm		
10:00am	CDC Swim 10-11am	CDC Swim 10-11am	CDC Swim 10-11	CDC Swim 10-11am	CDC Swim 10-11		
10:30am			Calming Waters 10:10-10:45		Deep Water Pilates 10-10:30		
11:00am	Open Swim 11-12:30pm	Open Swim 11-12:30pm	Open Swim 10-12:30	Open Swim 11-12:30	Open Swim 10-12:30		
11:30am							
12:00pm							
12:30pm							
1:00pm							Open Swim 1:00pm-3:00pm
1:30pm							
2:00pm							Whirlpool 1:00pm-3:00pm
2:30pm							
3:00pm							
3:30pm							
4:00pm	Frog Swim Team, 4:00 to 5:30pm	Frog Swim Team, 4:00 to 5:30pm	Frog Swim Team, 4:00 to 5:30pm	Frog Swim Team, 4:00 to 5:30pm			
4:30pm							
5:00pm							
5:30pm	Aqua Zumba 5:45-6:30pm	Swim Lessons 5:30pm-6:30pm	Whirlpool closed	Swim Lessons 5:30pm-6:30pm	Whirlpool closed	Swim Lessons 5:30pm-6:30pm	Whirlpool closed
6:00pm	Whirlpool 5:30pm-8pm	Open Swim 6:30pm-8pm	Whirlpool 6:30pm-8pm	Open Swim 6:30pm-8pm	Whirlpool 6:30pm-8pm	Aqua Zumba 6:45-7:30	Whirlpool 6:30pm-8pm
6:30pm							
7:00pm	Open Swim, 6:30-8pm						
7:30pm							
8:00pm							