

Indoor Pool Schedule – Fall/Winter 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15						Pool open from 8:15am to 4:30pm.	
7:00							
8:00	Deep Water Cardio & Tone		Deep Water Cardio & Tone		Deep Water Cardio & Tone		
9:00	Shallow Water Aqua Flow	Shallow Water Tabata	Shallow Water Aqua Flow	Shallow Water Tabata	Shallow Water Aqua Flow		
10:00	Shallow Water Aqua Arthritis		Shallow Water Aqua Arthritis	Local Schools Special Needs Activity Time	Shallow Water Aqua Arthritis		
11:00					Clarke County Schools Special Needs Activity Time		
12:00							
1:00							
2:00							
3:00	Afterschool Free Swim	Afterschool Free Swim	Afterschool Free Swim	Afterschool Free Swim	Afterschool Free Swim		
4:00	Afterschool Lessons ALL LAP LANES CLOSED	Afterschool Lessons ALL LAP LANES CLOSED	Afterschool Lessons ALL LAP LANES CLOSED	Afterschool Lessons ALL LAP LANES CLOSED			
5:00	Adaptive Lessons	Parent/Child Lessons	Adaptive Lessons	Parent/Child Lessons			
6:00	Adaptive Lessons	6PM Lessons	Adaptive Lessons	6PM Lessons			
7:00		6:30 Lessons		6:30 Lessons			
		Adult Lessons		Adult Lessons			
8:00							
9:00	Pool closes at 8:30.						

Baby Pool	10ft Pool	Shallow End – Whole	Shallow End – North Half	Shallow End – South half	Everywhere	Unpredictable	Schedule valid until May 2025
Skinny Lane Closed – White Text							