

HealthTrack Sports Wellness Therapy Pool Schedule

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Hours	Saturday/Sunday
5-6am						7-8am	
6-7						9-10	
7-8						10-11	
8-9						11:30-11:45	\$ Swim Classes \$ 11:30am-12pm Class Participants Only *Saturday Only*
9-10	Adults Only 9am-11am	Adults Only 9am-11am		Adults Only 9am-11am		11:45-12	
10-11						12pm-1	
11-12						1-2	
12pm-12:30			Warm Water Pilates 12pm-12:45pm *45 minutes		Warm Water Tai Chi 12pm-12:45pm *45 minutes	2-3	
12:30-1						3-4	Family Swim 3pm-5pm
1-2			Adults Only 1pm-3pm		Adults Only 1pm-3pm	4-5	
2-3						5-6	
3-4						Club Hours: M-F: 5am-9pm Sat & Sun: 7am-6pm	
4-5	\$ Swim Classes \$ 4pm-6pm Class Participants Only	Family Swim 4pm-6pm	\$ Swim Classes \$ 4pm-6pm Class Participants Only				
5-6				Family Swim 5pm-7pm			
6-7		Balance & Breath 6:30pm-7:15pm					
7-8							
8-9							

Private Swim Lessons may be in progress at any time in the Therapy pool

Temperature 90-92degrees.

\$\$ - these classes require a fee and sign-up.

Updated 11/9/22