

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
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1:00 PM			Lap Swim		
1:30 PM			Lap Swim		
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6:30 PM			Lap Swim		
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9:00 PM			Lap Swim		
9:30 PM			Lap Swim		

Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
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6:00 AM					
6:30 AM					
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7:30 AM			Lap Swim		
8:00 AM			Lap Swim		
8:30 AM			Lap Swim		
9:00 AM			Lap Swim		
9:30 AM			Lap Swim		
10:00 AM					
10:30 AM			Aqua Athletics (RSVP Required)		
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM			Lap Swim		
4:30 PM			Lap Swim		
5:00 PM			Lap Swim		
5:30 PM			Lap Swim		
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8:30 PM			Lap Swim		
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9:30 PM			Lap Swim		

Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
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1:00 PM			Lap Swim		
1:30 PM			Lap Swim		
2:00 PM			Lap Swim		
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8:30 PM			Lap Swim		
9:00 PM			Lap Swim		
9:30 PM			Lap Swim		

Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
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6:30 AM					
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8:00 AM			Lap Swim		
8:30 AM			Lap Swim		
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9:30 AM			Lap Swim		
10:00 AM					
10:30 AM			Aqua Athletics (RSVP Required)		
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4:00 PM			Lap Swim		
4:30 PM			Lap Swim		
5:00 PM			Lap Swim		
5:30 PM			Lap Swim		
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8:30 PM			Lap Swim		
9:00 PM			Lap Swim		
9:30 PM			Lap Swim		

Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM			Lap Swim		
8:00 AM			Lap Swim		
8:30 AM			Lap Swim		
9:00 AM			Lap Swim		
9:30 AM			Lap Swim		
10:00 AM					
10:30 AM			Aqua Zumba (RSVP Required)		
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11:30 AM					
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12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM			Lap Swim		
3:30 PM			Lap Swim		
4:00 PM			Lap Swim		
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5:30 PM			Lap Swim		
6:00 PM			Lap Swim		
6:30 PM			Lap Swim		
7:00 PM			Lap Swim		
7:30 PM			Lap Swim		

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
1:30 PM			Lap Swim		
2:00 PM			Lap Swim		
2:30 PM			Lap Swim		
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4:00 PM			Lap Swim		
4:30 PM			Lap Swim		
5:00 PM			Lap Swim		
5:30 PM			Lap Swim		
6:00 PM			Lap Swim		
6:30 PM			Lap Swim		
7:00 PM			Lap Swim		
7:30 PM			Lap Swim		

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:30 PM			Lap Swim		
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2:30 PM			Lap Swim		
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3:30 PM			Lap Swim		
4:00 PM			Lap Swim		
4:30 PM			Lap Swim		
5:00 PM			Lap Swim		
5:30 PM			Lap Swim		
6:00 PM			Lap Swim		
6:30 PM			Lap Swim		
7:00 PM			Lap Swim		
7:30 PM			Lap Swim		

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Outdoor Adult Pool: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.
Aqua Zumba: Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.

Monday	
Time	Indoor Therapy pool Rec Area
5:00 AM - 6:00 AM	Adult Open Swim (RSVP Required)
6:15 AM - 7:15 AM	Adult Open Swim (RSVP Required)
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Adult Open Swim (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM - 9:30 PM	

Tuesday	
Time	Indoor Therapy pool Rec Area
5:00 AM - 6:00 AM	Adult Open Swim (RSVP Required)
6:15 AM - 7:15 AM	Adult Open Swim (RSVP Required)
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Adult Open Swim (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM - 9:30 PM	

Wednesday	
Time	Indoor Therapy pool Rec Area
5:00 AM - 6:00 AM	Adult Open Swim (RSVP Required)
6:15 AM - 7:15 AM	Adult Open Swim (RSVP Required)
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Gentile Aqua (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM - 9:30 PM	

Thursday	
Time	Indoor Therapy pool Rec Area
5:00 AM - 6:00 AM	Adult Open Swim (RSVP Required)
6:15 AM - 7:15 AM	Adult Open Swim (RSVP Required)
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Adult Open Swim (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM - 9:30 PM	

Friday	
Time	Indoor Therapy pool Rec Area
5:00 AM - 6:00 AM	Adult Open Swim (RSVP Required)
6:15 AM - 7:15 AM	Adult Open Swim (RSVP Required)
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Adult Open Swim (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM - 9:30 PM	

Saturday	
Time	Indoor Therapy pool Rec Area
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Aqua Pilates (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM	

Sunday	
Time	Indoor Therapy pool Rec Area
7:30 AM - 8:30 AM	Adult Open Swim (RSVP Required)
8:45 AM - 9:45 AM	Adult Open Swim (RSVP Required)
10:00 AM - 11:00 AM	Aqua Pilates (RSVP Required)
11:15 AM - 12:15 PM	Adult Open Swim (RSVP Required)
12:30 PM - 1:30 PM	Open Swim (RSVP Required)
1:45 PM - 2:45 PM	Open Swim (RSVP Required)
3:00 PM - 4:00 PM	Open Swim (RSVP Required)
4:15 PM - 5:15 PM	Open Swim (RSVP Required)
5:30 PM - 6:30 PM	Open Swim (RSVP Required)
6:45 PM - 7:45 PM	Open Swim (RSVP Required)
8:00 PM	

Pool Guidelines
Swim lessons may be conducted in a portion of the pool.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.

Session Descriptions
Adult Open Swim- Indoor Therapy Pool: During Adult Open Swim, there are no lifeguards on duty and it is reserved for 18+. Water walking, water exercising, and swimming are permitted. Enjoy warm water therapy for muscle recovery, injury rehabilitation, and arthritis care.
Open Swim- Indoor Therapy Pool: During Open Swim, there are no lifeguards on duty. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Aqua Pilates: Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.
Gentile Aqua: Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

Monday	
Time	VillaSplash Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:15 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM - 11:30 AM	Open Swim (RSVP)
11:45 AM - 1:15 PM	Open Swim (RSVP)
1:30 PM - 3:00 PM	Open Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Tuesday	
Time	VillaSplash Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:15 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM - 11:30 AM	Open Swim (RSVP)
11:45 AM - 1:15 PM	Open Swim (RSVP)
1:30 PM - 3:00 PM	Open Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	
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Wednesday	
Time	VillaSplash Rec Area
5:00 AM	
5:30 AM	
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8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM - 11:30 AM	Open Swim (RSVP)
11:45 AM - 1:15 PM	Open Swim (RSVP)
1:30 PM - 3:00 PM	Open Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	
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Thursday	
Time	VillaSplash Rec Area
5:00 AM	
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8:30 AM	
9:00 AM	
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10:00 AM - 11:30 AM	Open Swim (RSVP)
11:45 AM - 1:15 PM	Open Swim (RSVP)
1:30 PM - 3:00 PM	Open Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
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Friday	
Time	VillaSplash Rec Area
5:00 AM	
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10:00 AM - 11:30 AM	Open Swim (RSVP)
11:45 AM - 1:15 PM	Open Swim (RSVP)
1:30 PM - 3:00 PM	Open Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	

Saturday	
Time	VillaSplash Rec Area
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:15 AM - 11:45 AM	Family Swim (RSVP)
12:00 PM - 1:30 PM	Family Swim (RSVP)
1:45 PM - 3:15 PM	Family Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	

Sunday	
Time	VillaSplash Rec Area
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:15 AM - 11:45 AM	Family Swim (RSVP)
12:00 PM - 1:30 PM	Family Swim (RSVP)
1:45 PM - 3:15 PM	Family Swim (RSVP)
3:30 PM - 5:00 PM	Family Swim (RSVP)
5:15 PM - 6:45 PM	Family Swim (RSVP)
7:00 PM	
7:30 PM	

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.

Session Descriptions
Family Swim- VillaSplash: During Family Swim, there are lifeguards on duty. Water play features are available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Open Swim- VillaSplash: During Open Swim, there are no lifeguards on duty. Water play features are available. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.

Monday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
5:00 AM			
5:30 AM			
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Tuesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Wednesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Thursday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Friday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
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Saturday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
7:00 AM			
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Sunday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
7:30 AM			
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7:00 PM			
7:30 PM			

Pool Guidelines			

Pool Closed

January 2021 Outdoor Recreation Pool Schedule Colorado Springs

Updated 1/19/2021

Monday	
Time	Outdoor Family Rec Pool Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
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10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
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Tuesday	
Time	Outdoor Family Rec Pool Rec Area
5:00 AM	
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6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
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9:00 PM	
9:30 PM	

Wednesday	
Time	Outdoor Family Rec Pool Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
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9:00 PM	
9:30 PM	

Thursday	
Time	Outdoor Family Rec Pool Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
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8:30 PM	
9:00 PM	
9:30 PM	

Friday	
Time	Outdoor Family Rec Pool Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
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4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	

Saturday	
Time	Outdoor Family Rec Pool Rec Area
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	

Sunday	
Time	Outdoor Family Rec Pool Rec Area
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Pool Closed
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	

Pool Guidelines
Pool Closed