

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
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1:00 PM			Lap Swim		
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Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Thursday					
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					
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Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
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6:30 AM					
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7:30 PM					
8:00 PM					

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
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12:00 PM					
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1:00 PM			Lap Swim		
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8:30 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
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8:00 PM					
8:30 PM					

Pool Guidelines
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.

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 - 4:00 PM	Open Swim
4:00 PM - 6:30 PM	Group Swim Lessons
6:45 PM - 9:30 PM	Open Swim
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 - 4:00 PM	Open Swim
4:00 PM - 6:30 PM	Group Swim Lessons
6:45 PM - 9:30 PM	Open Swim
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 - 4:00 PM	Open Swim
4:00 PM - 6:30 PM	Group Swim Lessons
6:45 PM - 9:30 PM	Open Swim
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 - 4:00 PM	Open Swim
4:00 PM - 6:30 PM	Group Swim Lessons
6:45 PM - 9:30 PM	Open Swim
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	Open Swim
1:00 PM	
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Saturday	
Time	Indoor Therapy pool Rec Area
6:30 AM - 7:30 AM	
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	Group Swim Lessons
11:00 AM	Open Swim
11:30 AM	
12:00 PM	
12:30 PM	
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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	Open Swim
1:00 PM	
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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	
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6:30 AM	
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Tuesday	
Time	VillaSplash
	Rec Area
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Wednesday	
Time	VillaSplash
	Rec Area
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Thursday	
Time	VillaSplash
	Rec Area
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Friday	
Time	VillaSplash
	Rec Area
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Saturday	
Time	VillaSplash
	Rec Area
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Sunday	
Time	VillaSplash
	Rec Area
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**Pool Guidelines**  
Pool schedules and availability are subject to change.

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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**  
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			
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM			
8:00 AM			
8:30 AM	Adult Open Swim (RSVP Required)		
9:00 AM			
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Tuesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult 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	Adult Open Swim (RSVP Required)		
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Wednesday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
5:00 AM			
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8:00 AM			
8:30 AM	Adult Open Swim (RSVP Required)		
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Thursday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
5:00 AM			
5:30 AM			
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7:30 AM			
8:00 AM			
8:30 AM	Adult Open Swim (RSVP Required)		
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Friday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
5:00 AM			
5:30 AM			
6:00 AM			
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8:00 AM			
8:30 AM	Adult Open Swim (RSVP Required)		
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Saturday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
6:30 AM			
7:00 AM			
7:30 AM			
8:00 AM			
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9:30 AM			
10:00 AM	Adult Open Swim (RSVP Required)		
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Sunday			
Time	Outdoor Adult Lap Pool		
	Lane 1	Lane 2	Adult Rec Area
7:30 AM			
8:00 AM			
8:30 AM			
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10:30 AM			
11:00 AM	Adult Open Swim (RSVP Required)		
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Pool Guidelines
Pool schedules and availability are subject to change.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.
The adult pool area is designated for ages 18+.

Session Descriptions
Lap Swim - Outdoor Adult Pool: During lap swim, there are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool. Maintain 6' distancing when entering and exiting the lanes.
Adult Open Swim - Outdoor Adult Pool: During Adult Open Swim, there are no lifeguards on duty. Both leisure swim and lap swim are available.

Monday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	Family Swim (RSVP Required)
8:00 AM	
8:30 AM	Aqua Athletics (RSVP Required)
9:00 AM	
9:30 AM	Family Swim (RSVP Required)
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
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Tuesday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	Family Swim (RSVP Required)
8:00 AM	
8:30 AM	Aqua Athletics (RSVP Required)
9:00 AM	
9:30 AM	Family Swim (RSVP Required)
10:00 AM	
10:30 AM	
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Wednesday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	Family Swim (RSVP Required)
8:00 AM	
8:30 AM	
9:00 AM	
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Thursday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	Family Swim (RSVP Required)
8:00 AM	
8:30 AM	Aqua Athletics (RSVP Required)
9:00 AM	
9:30 AM	Family Swim (RSVP Required)
10:00 AM	
10:30 AM	
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Friday	
Time	Outdoor Family Rec Pool
	Rec Area
5:00 AM	Open Swim
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	Family Swim (RSVP Required)
8:00 AM	
8:30 AM	Aqua Athletics (RSVP Required)
9:00 AM	
9:30 AM	Family Swim (RSVP Required)
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Saturday	
Time	Outdoor Family Rec Pool
	Rec Area
6:30 AM	Open Swim
7:00 AM	
7:30 AM	
8:00 AM	Aqua Pilates (RSVP Required)
8:30 AM	
9:00 AM	Open Swim
9:30 AM	
10:00 AM	Family Swim (RSVP Required)
10:30 AM	
11:00 AM	
11:30 AM	
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Sunday	
Time	Outdoor Family Rec Pool
	Rec Area
7:30 AM	Open Swim
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	Family Swim (RSVP Required)
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
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Pool Guidelines
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.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.

Session Descriptions
Open Swim – Outdoor Recreation Pool   All Ages Recreational swim with 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.
Family Swim – Outdoor Rec Pool: All Ages During Family Swim, lifeguards are 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.
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 Pilates: Pilates in the water with props to build core strength and aid in proper body alignment.