

# CROSSROADS FITNESS POOL SCHEDULE 442-6733

| TIME  | MONDAY                       | TUESDAY                       | WEDNESDAY                    | THURSDAY                      | FRIDAY                       | SATURDAY                 | SUNDAY                             |                             |                             |                                   |
|-------|------------------------------|-------------------------------|------------------------------|-------------------------------|------------------------------|--------------------------|------------------------------------|-----------------------------|-----------------------------|-----------------------------------|
| 5:00  | Lap Swim<br>5:00-9:00        | Lap Swim<br>5:00 am - 4:20 pm | Lap Swim<br>5:00-9:00        | Lap Swim<br>5:00 am - 4:20 pm | Lap Swim<br>5:00-9:00        | Lap Swim<br>7:00 - 1:00  | Lap Swim<br>7:00 - 9:30            |                             |                             |                                   |
| 6:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 7:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 8:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 9:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 9:00  | Hydro Aerobics<br>9:00-10:00 | Lap Swim<br>5:00 am - 4:20 pm | Hydro Aerobics<br>9:00-10:00 | Lap Swim<br>5:00 am - 4:20 pm | Hydro Aerobics<br>9:00-10:00 | Lap Swim<br>7:00 - 1:00  | Organized Lap Swim<br>9:30 - 11:00 |                             |                             |                                   |
| 10:00 |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 10:00 | Lap Swim<br>10:00 - 5:30     |                               | Lap Swim<br>10:00-4:00       |                               | Lap Swim<br>10:00-4:00       |                          |                                    | Lap Swim<br>10:00-4:00      | Lap Swim<br>10:00 to 6:30   | Open Swim<br>1:00 - 5:00          |
| 11:00 |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 12:00 |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 1:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 2:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 3:00  | Lap Swim<br>10:00 - 5:30     | Lap Swim<br>10:00-4:00        | Open Swim<br>4:00-5:30       | Lap Swim<br>10:00-4:00        | Lap Swim<br>10:00 to 6:30    | Open Swim<br>1:00 - 5:00 | Open Swim<br>1:00 5:00             |                             |                             |                                   |
| 4:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 4:30  |                              |                               |                              |                               |                              |                          |                                    | Hydro Aerobics<br>4:20-5:20 | Hydro Aerobics<br>4:20-5:20 |                                   |
| 5:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 5:30  |                              |                               |                              |                               |                              |                          |                                    | aqua ZUMBA<br>5:30-6:30     | Lap Swim<br>5:20- 6:30      | Organized Lap Swim<br>5:30 - 6:30 |
| 6:30  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 7:00  | Lap Swim<br>6:30 9:45        | Open Swim<br>6:30 - 7:30      | Lap Swim<br>6:30 - 9:45      | Open Swim<br>6:30 - 7:30      | Open Swim<br>6:30 to 8:45    | Lap Swim<br>5:00 - 7:45  |                                    |                             |                             |                                   |
| 8:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 8:30  |                              | Lap Swim<br>7:30 - 9:45       |                              | Lap Swim<br>7:30 - 9:45       |                              |                          | Lap Swim<br>7:30 - 9:45            |                             |                             |                                   |
| 9:00  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 9:30  |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |
| 10:00 |                              |                               |                              |                               |                              |                          |                                    |                             |                             |                                   |

Hours: Monday – Thursday 5:00 am to 10:00 pm

Friday 5:00 am to 9:00 pm

Saturday & Sunday 7:00 am to 8:00 pm