

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:30-7:45 am	Lap Swim 5:30am-6 pm	Lap Swim 5:30-7:45 am	Lap Swim 5:30am-6 pm	Lap Swim 5:30 am-6:30 pm	Lap Swim 8 am-Noon
AquaFit 7:45-8:45 am	AquaPower 6-7pm	AquaFit 7:45-8:45 am	AquaPower 6-7 pm	Hot Tub 5:30 am-6:30 pm	Hot Tub 8 am-5:30 pm
Lap Swim 8:45 am-8 pm	Lap Swim 7-8 pm	Lap Swim 8:45 am-8 pm	Lap Swim 7-8 pm		SUNDAY
Hot Tub 5:30 am-8 pm	Hot Tub 5:30 am-8 pm	Hot Tub 5:30 am-8 pm	Hot Tub 5:30 am-8 pm		Hot Tub 12-5:30 pm

Lifeguards are on duty:

- **Monday-Thursday, 3:30-8 pm**
- **Friday, 3:30-6:30 pm**
- **Saturday & Sunday, Noon-5:30 pm**

The slide, vortex, and current channel may be open limited times on Fridays from 3:30-6:30pm, and Saturday and Sunday 1pm-5pm and only when lifeguards are on duty.

Aqua classes are for members 14 years and older.

- **AquaFit:** An active workout designed to improve aerobic fitness, strength and flexibility.
- **AquaPower:** Offers a more intense workout using a variety of equipment.

Lap swim is for members 14 years and older and is not supervised by a lifeguard.

Contact Calen Bristow with inquires at Calen@mtparkhoa.com.

