

INDOOR POOL SCHEDULE (Effective 6/1/24)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY
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							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	DEEP WATER AEROBICS	DEEP WATER AEROBICS	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							

Lake House Water Fitness Class Schedule

Deep Water Aerobics
Tuesday & Thursday * 4:00PM—5:00PM

**During Deep Water Aerobics, Lane 5 will remain
OPEN for LAP SWIMMING ONLY**

Splashers and Water Aerobics will move INSIDE
during inclement weather.

Splashers
Monday & Wednesday * 8:00AM—9:00AM

Water Aerobics
Tuesday, Thursday, & Friday * 8:00AM—9:00AM

During **Seabrook Swim**,
follow the lane designations below:

Stairs	Lane 1 - Water Therapy	Lane 2 - Lap Swimming	Lane 3 - Lap Swimming	Lane 4 - Open Swim	Lane 5 - Open Swim
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**TOWELS ARE NOT PROVIDED FOR THE POOL AREA. PLEASE BRING ONE.
SHOWER TOWELS IN THE LOCKER ROOMS ARE NOT PERMITTED IN THE POOL AREA.
THANK YOU.**