

Health and Recreation CENTER

May 2024 - Schedule and lane availability may change based on manager's discretion

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
| 8:00 –12:00 PM (6) Lap Swim | 5:30 – 6:00am (6) Lap Swim | 5:30– 9:00AM (6) Lap Swim | 5:30 – 10:00AM (6) Lap Swim | 5:30 – 8:45 AM (6) Lap Swim | 5:30-12:00PM (6) Lap Swim | 7:00AM-8:00AM (2) Lap Swim (4) Masters Swim |
| 11:00-12:00 Sensory Swim Wading Pool Closed | 6:00-7:00 PM (2) Lap Swim (4) Masters Swim | 9:00-9:45AM Aqua Strength and Stamina Must Reserve | 10:00-11:00 AM Slow Aqua Free For All Must Reserve | 9:00 – 9:45 AM Aqua Fit Must reserve. | 12:00- 4:00PM (3) Lap Swim (3)Open Swim | 8:30 – 9:15 AM Hydro Power (5) Lanes Must reserve (1) Lap Swim |
| 12:00– 3:45PM (2) Lap Swim (4) Open Swim | 7:00-12:00 PM (6) Lap Swim | 10:00-12:00PM (6) Lap Swim | 11:00-12:00PM (6) Lap Swim | 10:00 -12:00PM (6) Lap Swim | 4:00-6:00 PM (3) Open Swim (1) Swim Lessons (2) Lap Swim | 9:00 -12:30 PM (2)Swim Lessons (2) Lap Swim (2) Open Swim |
| Sensory Swim May 5th only | 12:00 -3:30 PM (4) Lap Swim (2)Open Swim | 12:00-1:00PM (2) Masters Swim (2) Lap Swim (2)Open Swim | 12:00-3:30PM (4) Lap Swim (2) Open Swim | 12:00-3:30PM (4) Lap Swim (2)Open Swim | 6:30-7:45PM (3) Lap Swim (3) Open Swim | 12:30-3:45PM (2) Lap Swim (4) Open Swim |
| | 3:30-5:30PM (3) Swim Team (1)SwimLessons (1) Lap Swim (1) Open Swim | 1:00-3:00PM (4) Lap Swim (2) Open Swim | 3:30- 5:30PM (3) Swim Team (2) Lap Swim (1) Open Swim | 3:30 – 6:30PM (2)SwimLessons (2) Lap Swim (2)Open Swim | | |
| | 5:30-7:00PM (2) Lap Swim (2)Swim Lessons (2) Open Swim | 3:30– 6:30PM (2)SwimLessons (2) Lap Swim (2)Open Swim | 5:30-7:00PM (2) Lap Swim (2)Swim Lessons (2) Open Swim | 6:30-8:45PM (3) Lap Swim (3)Open Swim | Vermont Senior Games Swim Meet Sunday May 19 Book will be slosed until 1nm | |
| | 7:00-8:45PM (3) Lap Swim (3) Open Swim | 6:30-8:45PM (3) Lap Swim (3) Open Swim | 7:00-8:45PM (3) Lap Swim (3) Open Swim | | Pool will be closed until 1pm | |

(#) indicates the number of lanes available for that specific activity

The pool schedule may change during the month, so please check periodically to ensure you have the latest edition



- POOL RULES

- Shower before using the pool
- No diving allowed
- $\underline{\text{No}}$ Food or Drinks (except water) allowed on pool deck
- No glass bottles
- Inflatable 'floaties' are not allowed
- Children must be accompanied in the water by an adult when wearing a flotation device in the lap and therapy pool
- All pools close 15 minutes before the facility closes
- All children under the age of 10 must be accompanied by an adult

Memorial Day Facility Hours 7:00am to 1:00pm



Therapy Pool

March 2024 - Schedule and availability may change based on managers discretion

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--------------------------------------|------------------------------------|--|
| 8:00AM -4:00PM Limit 3 Must Reserve | 6:00AM – 8:45pm Limit 3 Must Reserve | 6:00AM - 8:45PM Limit 3 Must Reserve | 6:00AM – 8:45PM Limit 3 Must Reserve | 6:00AM - 8:45PM Limit 3 Must Reserve | 6:00am-7:45pm Limit 3 Must Reserve | 7:00AM – 9:00AM Limit 3 Must Reserve |
| | | | | | | 9:00 - 10:00AM Swim Lessons |
| | | | | | | 10:00-11:00 AM Limit 3 Must reserve |
| | | | | | | 11:00AM-1:00PM Swim Lessons |
| | | | | | | 1:00 – 3:45PM Limit 3 Must Reserve |

Each reserved spot is for 45 minutes. You must reserve your spot.

- POOL RULES

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