

ARBOR CLUB INDOOR POOL SCHEDULE

Pool Hours:

Monday thru Friday 6:00 am to 8:30 pm

Saturday 7:00 am - 8:30 pm

Sunday 9:00 am - 7:00 pm

Indoor pool closed for cleaning every Wednesday from 10:30 - 11:30 am

Outdoor pool closed for cleaning 1st Wednesday of every month

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Open
7:00 AM	Open	Open	Open	Open	Open	
8:00 - 9:00 AM	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	
9:00 - 10:00 AM	Deep Water Fitness Class*	Shallow Water Fitness Class*	Deep Water Fitness Class*	Shallow Water Fitness Class*	Deep Water Fitness Class*	
10:00 - 11:00 AM	Open	Shallow Water Fitness Class*	Open 10:30-11:30 Closed for Cleaning	Shallow Water Fitness Class*	Open	
11:00 - 12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming (opens at 11:30)	Lap Swimming	Lap Swimming	
12:30 - 1:30 PM	Aqua Belles	Open	Aqua Belles	Open	Aqua Belles	
3:00 - 5:00 PM	Open		Open	Water Volleyball 3:00-5:00 PM	Open	

Health and Recreation Pool Hours:

Monday thru Sunday 8:00 am - Dusk

Closed for cleaning the last Wednesday of every month

** Fitness Pass required to attend classes*

Rules for Lap Swimming:

1. Swimmers should swim on the line
2. If lanes are full; share the lanes
3. When sharing lanes; swimmers of matched speed should share lane