

POOL SCHEDULE FOR MAY & EARLY JUNE

Important Changes:

As we dive into the excitement of the end-of-school-year celebrations, our pool is in high demand for private events and school rentals. To ensure a safe and enjoyable experience for all, we're adjusting our public swim hours during this busy season.

Sat, May 31

- **Lap Pool**
 - Lap Swim 7:15-11:00 am
 - 4 lanes open 9:00-11:00 am
 - Open Swim 11:00 am-12:00 pm
- **Therapy Pool**
 - Therapy Swim 7:15-8:15 am
 - Family Swim 11:30 am-12:45 pm
 - Family Swim 2:30-3:15 pm

Sun, June 1

- **Lap Pool**
 - Lap Swim 8:00-11:30 am
 - 4 lanes open 9:00-11:30 am
- **Therapy Pool**
 - Therapy Swim 9:00-10:30 am
 - Family Swim 10:45 am -12:45 pm
 - Family Swim 2:30-3:15 pm



ALFOND YOUTH & COMMUNITY CENTER



Mon, June 2

- **Lap Pool**
 - Lap Swim 5:30-9:00 am
 - Water Aerobics 8:15-9:15 am
 - Lap Swim 11:00 am-1:00 pm
 - 4 lanes open
 - Adult Masters 7:00-8:00 pm
- **Therapy Pool**
 - Therapy Swim 7:00-8:00 am
 - Aqua Fitness 8:00-9:00 am
 - Family Swim 10:00-11:00 am
 - Water Aerobics I 11:15 am-12:00 pm
 - Therapy Swim 12:00-1:00 pm
 - Family Swim 1:15-2:15 pm
 - Therapy Swim 7:00-8:00 pm

Tues, June 3

- **Lap Pool**
 - Lap Swim 5:30-9:00 am
 - Lap Swim 10:00 am-1:00 pm
 - 4 lanes open 11:00 am-1:00 pm
- **Therapy Pool**
 - Therapy Swim 7:00-8:00 am
 - Aqua Fitness 8:00-9:00 am
 - Family Swim 10:00-11:30 am
 - Therapy Swim 12:00-1:30 pm
 - Water Aerobics II 6:30-7:30 pm

POOL SCHEDULE FOR MAY & EARLY JUNE



Wed, June 4

- **Lap Pool**
 - Lap Swim 5:30-8:00 am
 - Water Aerobics II 8:15-9:15 am
 - Adult Masters 7:00-8:00 pm
- **Therapy Pool**
 - Therapy Swim 7:00-8:00 am
 - Aqua Fitness 8:00-9:00 am
 - Water Aerobics I 11:15 am-12:00 pm
 - Therapy Swim 7:00-8:00 pm

Thurs, June 5

- **Lap Pool**
 - Lap Swim 5:30-8:00 am
 - Water Aerobics II 8:15-9:15 am
 - Lap Swim 11:30 am-1:00 pm
 - 2 lanes open
- **Therapy Pool**
 - Therapy Swim 7:00-8:00 am
 - Aqua Fitness 8:00-9:00 am
 - Family Swim 10:00-11:30 am
 - Therapy Swim 12:00-1:00 pm
 - Water Aerobics II 6:30-7:30 pm



Fri, June 6

- **Lap Pool**
 - Lap Swim open 5:30-8:00 am
 - Water Aerobics II 8:15-9:15 am
 - Lap Swim 11:00 am-1:00 pm
 - 2 lanes open
- **Therapy Pool**
 - Therapy Swim 7:00-8:00 am
 - Aqua Fitness 8:00-9:00 am
 - Water Aerobics I 11:15 am-12:00 pm
 - Therapy Swim 12:00-1:00 pm

Sat, June 7

- **Lap Pool**
 - Lap Swim 7:15-11:00 am
 - 2 lanes open from 9:00-11:00 am
 - Open Swim 11:00 am-12:00 pm
- **Therapy Pool**
 - Therapy Swim 7:15-8:15 am
 - Family Swim 11:30 am-12:45 pm
 - Family Swim 2:30-3:15 pm

Sun, June 8

- **Lap Pool**
 - No time available
- **Therapy Pool**
 - Therapy Swim 9:00-10:30 am
 - Family Swim 10:45 am-12:45 pm
 - Family Swim 2:30-3:15 pm

Sat, June 14

- **Lap Pool**
 - Lap Swim 7:15-9:00 am
- **Therapy Pool**
 - Therapy Swim 7:15-8:15 am
 - Family Swim 11:30 am-12:45 pm
 - Family Swim 2:30-3:15 pm