

GYM SCHEDULE

M	T	W	T	F	S	S
BOOTCAMP 5:45AM - 6:45AM OPEN GYM 7:00AM - 9:00AM ZUMBA 9:00AM - 10:30AM OPEN GYM 10:30AM - 6:00PM BOOTCAMP 6:00PM - 7:00PM WOMENS BASKETBALL 7:00 - 9:00PM OPEN GYM 5:00AM - 5:00PM SKYHAWKS 5:00PM - 7:30PM OPEN GYM 57:30PM - 10:00PM	BODY PUMP 6:00AM - 7:00AM OPEN GYM 7:00AM - 11:00AM ADULT BASKETBALL 11:00AM - 2:00PM; 21+ OPEN GYM 2:00PM - 9:00PM OPEN GYM 5:00AM - 10:00PM OPEN GYM 5:00AM - 10:00PM	BOOTCAMP 5:45AM - 6:45AM OPEN GYM 7:00AM - 9:00AM ZUMBA 9:00AM - 10:30AM OPEN GYM 10:30AM - 5:00PM BASKETBALL LEAGUE 5:00PM - 9:00PM OPEN GYM 5:00AM - 10:00PM	BODY PUMP 6:00AM - 7:00AM OPEN GYM 7:00AM - 11:00AM ADULT BASKETBALL 11:00AM - 2:00PM; 21+ OPEN GYM 2:00PM - 6:00PM BOOTCAMP 6:00PM - 7:00PM OPEN GYM 7:00 - 9:00PM OPEN GYM 5:00AM - 9:00AM INDO-ROW 9:00AM - 10:00AM OPEN GYM 10:00AM - 10:00PM	STRENGTH CONDITIONING 5:45AM - 6:30AM OPEN GYM 6:30AM - 9:00AM ADULT BASKETBALL 11:00AM - 2:00PM; 21+ OPEN GYM 2:00PM - 9:00PM OPEN GYM 5:00AM - 6:00PM VOLLEYBALL 6:00PM - 9:00PM OPEN GYM 9:00PM - 10:00PM	OPEN GYM 7:00AM - 9:00AM ELITE BASKETBALL 9:00AM - 11:00AM (RESERVED) OPEN GYM 11:00AM - 7:00PM OPEN GYM 7:00AM - 7:00PM	OPEN GYM 7:00AM - 7:00PM

PLEASE NOTE: Non-Members using the court as part of a team or group are charged a per-person guest fee and are limited to 4 visits per year, as stated in Club bylaws/policies. Schedule subject to change. Special events have priority. Thank you for understanding if the gym is booked.

AQUATIC SCHEDULE

	M	T	W	T	F	S	S		
DOWNTOWN	ADULT LAP SWIM 5:00 - 7:30AM HYDRO HIIT* 7:30 - 8:30AM AQUA POWER* 8:45 - 9:45AM ADULT LAP SWIM 10:00 - 11:00AM CIRCLE SWIM 11:00AM - 1:00PM OPEN/LESSONS** 1:00 - 5:00PM LESSONS/TEAM*** 5:00 - 7:00PM OPEN SWIM** 7:00 - 8:00PM	ADULT LAP SWIM** 5:00 - 11:00AM CIRCLE SWIM 11:00AM - 1:00PM OPEN SWIM** 1:00 - 8:00PM	ADULT LAP SWIM 5:00 - 7:30AM HYDRO HIIT* 7:30 - 8:30AM AQUA POWER* 8:45 - 9:45AM ADULT LAP SWIM 10:00 - 11:00AM CIRCLE SWIM 11:00AM - 1:00PM OPEN/LESSONS** 1:00 - 5:00PM LESSONS/TEAM*** 5:00 - 7:00PM OPEN SWIM** 7:00 - 8:00PM	ADULT LAP SWIM** 5:00 - 11:00AM CIRCLE SWIM 11:00AM - 1:00PM OPEN SWIM** 1:00 - 8:00PM	ADULT LAP SWIM 5:00 - 7:30AM HYDRO HIIT* 7:30 - 8:30AM AQUA POWER* 8:45 - 9:45AM ADULT LAP SWIM 10:00 - 11:00AM CIRCLE SWIM 11:00AM - 1:00PM OPEN SWIM** 1:00 - 8:00PM	POOL CLOSURES AT 4:45 PM FOR SWIM MEETS APRIL 19		ADULT LAP SWIM 7:00 - 9:00AM OPEN SWIM** 9:00AM - 6:00PM	ADULT LAP SWIM 7:00 - 9:00AM OPEN SWIM** 9:00AM - 6:00PM
	LIFEGUARD HOURS* • DOWNTOWN								
	GUARD 1:00 - 8:00PM	GUARD 1:00 - 8:00PM	GUARD 1:00 - 8:00PM	GUARD 1:00 - 8:00PM	GUARD 1:00 - 8:00PM	GUARD 1:00 - 8:00PM	GUARD 9:00AM - 6:00PM	GUARD 9:00AM - 6:00PM	
	VALLEY	ADULT SWIM 5:30 - 8:30AM 18+ AQUA FITNESS 8:30 - 9:30AM OPEN SWIM 10:00AM - 2:00PM CLOSED FOR CLEANING 2:00 - 3:00PM OPEN SWIM 3:00AM - 6:00PM AQUA FITNESS 6:00 - 7:00PM ADULT SWIM 7:00 - 9:00PM; 18+	ADULT SWIM 5:30 - 10:00AM 18+ LESSON/OPEN 10:00AM - 6:00PM ADULT SWIM 6:00 - 9:00PM; 18+	ADULT SWIM 5:30 - 8:30AM 18+ AQUA FITNESS 8:30 - 9:30AM OPEN SWIM 10:00AM - 6:00PM AQUA FITNESS 6:00 - 7:00PM ADULT SWIM 7:00 - 9:00PM; 18+	ADULT SWIM 5:30 - 10:00AM 18+ LESSON/OPEN 10:00AM - 6:00PM ADULT SWIM 6:00 - 9:00PM; 18+	ADULT SWIM 5:30 - 8:30AM 18+ AQUA FITNESS 8:30 - 9:30AM OPEN SWIM 10:00AM - 6:00PM ADULT SWIM 6:00 - 9:00PM; 18+	ADULT SWIM 7:00 - 10:00AM; 18+ OPEN SWIM 10:00AM - 4:00PM ADULT SWIM 4:00 - 7:00PM; 18+	ADULT SWIM 7:00 - 10:00AM; 18+ OPEN SWIM 10:00AM - 4:00PM ADULT SWIM 4:00 - 7:00PM; 18+	
		LIFEGUARD HOURS* • VALLEY							
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		GUARD 3:00 - 6:00PM	GUARD 3:00 - 7:00PM	GUARD 3:00 - 6:00PM	GUARD 3:00 - 7:00PM	GUARD 3:00 - 7:00PM	GUARD 10:00AM - 4:00PM	GUARD 10:00AM - 4:00PM	

* Washington State regulations require that children under the age of 18 are not allowed in the pool without a lifeguard on duty.