

# GYM SCHEDULE

M	T	W	T	F	S	S
<b>BOOTCAMP</b> 5:45AM - 6:45AM  <b>OPEN GYM</b> 7:00AM - 9:00AM  <b>ZUMBA</b> 9:00AM - 10:30AM  <b>OPEN GYM</b> 10:30AM - 6:00PM  <b>BOOTCAMP</b> 6:00PM - 7:00PM  <b>WOMENS BASKETBALL</b> 7:00 - 9:00PM  <b>OPEN GYM</b> 5:00AM - 10:00PM	<b>BODY PUMP</b> 6:00AM - 7:00AM  <b>OPEN GYM</b> 7:00AM - 11:00AM  <b>ADULT BASKETBALL</b> 11:00AM - 2:00PM; 21+  <b>OPEN GYM</b> 2:00PM - 5:00PM  <b>BASKETBALL LEAGUE</b> 5:00PM - 9:00PM <i>STARTING JAN 8</i>  <b>OPEN GYM</b> 5:00AM - 9:00AM  <b>BOOT CAMP</b> 9:00AM - 10:00AM  <b>OPEN GYM</b> 10:00AM - 5:30PM  <b>OPEN GYM</b> 8:30PM - 10:00PM	<b>BOOTCAMP</b> 5:45AM - 6:45AM  <b>OPEN GYM</b> 7:00AM - 9:00AM  <b>ZUMBA</b> 9:00AM - 10:30AM  <b>OPEN GYM</b> 10:30AM - 5:00PM  <b>OPEN GYM</b> 5:00AM - 10:00PM	<b>BODY PUMP</b> 6:00AM - 7:00AM  <b>OPEN GYM</b> 7:00AM - 11:00AM  <b>ADULT BASKETBALL</b> 11:00AM - 2:00PM; 21+  <b>OPEN GYM</b> 2:00PM - 6:00PM  <b>BOOTCAMP</b> 6:00PM - 7:00PM  <b>OPEN GYM</b> 7:00 - 9:00PM  <b>OPEN GYM</b> 5:00AM - 9:00AM  <b>INDO-ROW</b> 9:00AM - 10:00AM  <b>OPEN GYM</b> 10:00AM - 10:00PM	<b>SKI CONDITIONING</b> 6:00AM - 6:30AM  <b>OPEN GYM</b> 6:30AM - 9:00AM  <b>ADULT BASKETBALL</b> 11:00AM - 2:00PM; 21+  <b>OPEN GYM</b> 2:00PM - 9:00PM  <b>OPEN GYM</b> 5:00AM - 9:30AM  <b>SUPERTOTS</b> 9:30AM - 11:30AM  <b>OPEN GYM</b> 11:30AM - 10:00PM	<b>OPEN GYM</b> 7:00AM - 9:00AM  <b>ELITE BASKETBALL</b> 9:00AM - 11:00AM (RESERVED)  <b>OPEN GYM</b> 11:00AM - 7:00PM  <b>OPEN GYM</b> 7:00AM - 9:00AM  <b>BOOT CAMP</b> 9:00AM - 10:00AM  <b>OPEN GYM</b> 12:00PM - 7:00PM	<b>OPEN GYM</b> 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	<b>ADULT LAP SWIM</b> 5:00 - 7:30AM  <b>HYDRO HIIT*</b> 7:30 - 8:30AM  <b>AQUA POWER*</b> 8:45 - 9:45AM  <b>ADULT LAP SWIM</b> 10:00 - 11:00AM  <b>CIRCLE SWIM</b> 11:00AM - 1:00PM  <b>OPEN/LESSONS*</b> 1:00 - 7:00PM  <b>OPEN SWIM**</b> 7:00 - 8:00PM	<b>ADULT LAP SWIM**</b> 5:00 - 11:00AM  <b>CIRCLE SWIM</b> 11:00AM - 1:00PM  <b>OPEN SWIM**</b> 1:00 - 8:00PM	<b>ADULT LAP SWIM</b> 5:00 - 7:30AM  <b>HYDRO HIIT*</b> 7:30 - 8:30AM  <b>AQUA POWER*</b> 8:45 - 9:45AM  <b>ADULT LAP SWIM</b> 10:00 - 11:00AM  <b>CIRCLE SWIM</b> 11:00AM - 1:00PM  <b>OPEN/LESSONS*</b> 1:00 - 7:00PM  <b>OPEN SWIM**</b> 7:00 - 8:00PM	<b>ADULT LAP SWIM**</b> 5:00 - 11:00AM  <b>CIRCLE SWIM</b> 11:00AM - 1:00PM  <b>OPEN SWIM**</b> 1:00 - 8:00PM	<b>ADULT LAP SWIM</b> 5:00 - 7:30AM  <b>HYDRO HIIT*</b> 7:30 - 8:30AM  <b>AQUA POWER*</b> 8:45 - 9:45AM  <b>ADULT LAP SWIM</b> 10:00 - 11:00AM  <b>CIRCLE SWIM</b> 11:00AM - 1:00PM  <b>OPEN SWIM**</b> 1:00 - 8:00PM	<b>POOL CLOSURES AT 5:00 PM FOR SWIM MEETS NOV 16 &amp; DEC 21</b>		<b>ADULT LAP SWIM</b> 7:00 - 9:00AM  <b>OPEN SWIM**</b> 9:00AM - 6:00PM	<b>ADULT LAP SWIM</b> 7:00 - 9:00AM  <b>OPEN SWIM**</b> 9:00AM - 6:00PM	
	<b>LIFEGUARD HOURS* • DOWNTOWN</b>									
		<b>GUARD</b> 1:00 - 8:00PM	<b>GUARD</b> 1:00 - 8:00PM	<b>GUARD</b> 1:00 - 8:00PM	<b>GUARD</b> 1:00 - 8:00PM	<b>GUARD</b> 1:00 - 8:00PM	<b>GUARD</b> 9:00AM - 6:00PM	<b>GUARD</b> 9:00AM - 6:00PM		
	VALLEY	<b>ADULT SWIM</b> 5:30 - 8:30AM 18+  <b>AQUA FITNESS</b> 8:30 - 9:30AM  <b>OPEN SWIM</b> 10:00AM - 2:00PM  <b>CLOSED FOR CLEANING</b> 2:00 - 3:00PM  <b>OPEN SWIM</b> 3:00AM - 6:00PM  <b>AQUA FITNESS</b> 6:00 - 7:00PM  <b>ADULT SWIM</b> 7:00 - 9:00PM; 18+	<b>ADULT SWIM</b> 5:30 - 10:00AM 18+  <b>LESSON/OPEN</b> 10:00AM - 6:00PM  <b>ADULT SWIM</b> 6:00 - 9:00PM; 18+	<b>ADULT SWIM</b> 5:30 - 8:30AM 18+  <b>AQUA FITNESS</b> 8:30 - 9:30AM  <b>OPEN SWIM</b> 10:00AM - 6:00PM  <b>AQUA FITNESS</b> 6:00 - 7:00PM  <b>ADULT SWIM</b> 7:00 - 9:00PM; 18+	<b>ADULT SWIM</b> 5:30 - 10:00AM 18+  <b>LESSON/OPEN</b> 10:00AM - 6:00PM  <b>ADULT SWIM</b> 6:00 - 9:00PM; 18+	<b>ADULT SWIM</b> 5:30 - 8:30AM 18+  <b>AQUA FITNESS</b> 8:30 - 9:30AM  <b>OPEN SWIM</b> 10:00AM - 6:00PM  <b>ADULT SWIM</b> 6:00 - 9:00PM; 18+	<b>ADULT SWIM</b> 7:00 - 10:00AM; 18+  <b>OPEN SWIM</b> 10:00AM - 4:00PM  <b>ADULT SWIM</b> 4:00 - 7:00PM; 18+	<b>ADULT SWIM</b> 7:00 - 10:00AM; 18+  <b>OPEN SWIM</b> 10:00AM - 4:00PM  <b>ADULT SWIM</b> 4:00 - 7:00PM; 18+		
		<b>LIFEGUARD HOURS* • VALLEY</b>								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>GUARD</b> 3:00 - 6:00PM		<b>GUARD</b> 3:00 - 7:00PM	<b>GUARD</b> 3:00 - 6:00PM	<b>GUARD</b> 3:00 - 7:00PM	<b>GUARD</b> 3:00 - 7:00PM	<b>GUARD</b> 10:00AM - 4:00PM	<b>GUARD</b> 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.