

SPRINGFIELD BRANCH

POOL SCHEDULE

Effective: February 26, 2024



6 LANE LAP POOL: Lap Swim

MONDAY

5:00am-9:30pm

TUESDAY

5:00am-10:00am

10:00am-11:00am (Lanes 2-6 only)

11:00am-9:30pm

WEDNESDAY

5:00am- 6:30pm

7:30pm- 9:30pm

THURSDAY

5:00am-10:00am

10:00am-11:00am (Lanes 2-6 only)

12:00pm-9:30pm

FRIDAY

5:00am-8:30pm

SATURDAY

6:00am-12:00pm

12:00pm-1:00pm (Lanes 1-5 only)

1:00pm-5:30pm

SUNDAY

7:00am-4:30pm

Pool & Deck Close Promptly On:

Weekdays (M-TH) @ 9:30 PM Friday @ 8:30 PM Saturday @ 5:30 PM Sunday @ 4:30 PM

ACTIVITY/THERAPY POOL: Open Swim

MONDAY

5:00am-7:30am

12:30pm-4:30pm

8:00pm-9:30pm

TUESDAY

5:00am-7:30am

12:00pm-7:00pm

8:00pm-9:30pm

WEDNESDAY

5:00am-7:30am

1:00pm-4:30pm

8:00pm-9:30pm

THURSDAY

1:00pm-6:00pm

8:00pm-9:30pm

FRIDAY

5:00am-7:30am

9:00am-10:00am

1:30pm-3:00pm

4:00pm-5:00pm

6:00pm-8:30pm

SATURDAY

6:00am-7:30am

2:00pm-5:30pm

SUNDAY

7:00am-9:30am

12:00pm-4:30pm

AQUA FITNESS

All classes are 45 minutes unless noted

MONDAY

8am Aquatic Fit w/ Trina

9am Total Body Aqua Fit w/ Roe

10:30am Aqua Fibromyalgia w/Vicki

11:30 am Aqua easy w/ Tina

TUESDAY

8am Aqua Barre w/ Trina

9am Aqua Pump w/ Nikki

10am Aqua Multiple Sclerosis w/Vicki

12pm Aqua Parkinson w/Vicki

7pm Aqua Interval w/ Alyce

WEDNESDAY

8am Aquatic Fit w/ Trina

9am Total Body Aqua Fit w/ Roe

10am Aqua Interval w/ Alyce

11am Aqua Total Body Fit w/ Tina

12am Aqua Zumba w/ Nikki

THURSDAY

8am Aqua Barre w/ Trina

9am Aqua Zumba w/ Nikki

10am Aqua Multiple Sclerosis w/Vicki

12pm Aqua Parkinson w/Vicki

6pm Aqua Interval w/ Alyce

FRIDAY

8am Aqua Party w/ Trina

10:45am Aqua Easy w/ Tina

5pm Aqua Interval w/ Brett

SATURDAY

12:15pm Instructor's Choice

SUNDAY

9:30am Aqua Push+ w/Ken

10:45am Aqua Total Body Fitness/Roe