

Facility Schedule

Sep 13 – Dec 19, 2021

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	6am-10pm					7am-9pm	8am-9pm
Length Swim Sauna & Swirl Pool	6am-10pm Minimum 1 lane available during Length Swim					7am-9pm	8am-9pm
Water Volleyball		8:15-9:30am		8:15-9:30am			
Water Walking Lane	11am-12pm		11am-12pm		11am-12pm		
TGIF Family Fun Nights					7-9pm		
WACKY WIBIT Inflatable					7-8:30pm		
All children under the age of 7 must be within arm's reach of an adult (16+yrs) at all times. (1 adult to a maximum of 3 children). Diving board, climbing wall & mat walk are open during peak times; programs & other activities permitting Group & Private Rentals: Times vary, please call for details.							
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am		Power Deep	Rusty Hinges	Rusty Hinges			
8:30am		Rusty Hinges *45min class 8:30-9:15am	Power Deep	Tidal Toner			
9:30am			Tidal Toner	Power Deep			
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:15am	*Cycle Fit				*Cycle Fit		
9:15am-10:15am	Step Combo	*Cycle Fit Muscle Max	Step Combo	*Cycle Fit Muscle Max	Step Cardio	Muscle Max	Step Combo
10:30am-11:30am	Fit and Active	*Gentle Fit	Fit and Active	*Gentle Fit	On the Ball	® Zumba Fitness	*Cycle Fit
12:15pm-1:15pm	Yoga Flow	*Cycle Fit	Yoga	*Cycle Fit Muscle Max	Yoga	Yoga	
6:15pm-7:15pm	*Cycle Fit	® Zumba Fitness	*HIIT Cycle and Strength	Boot Camp	*45 minutes Modified Schedule October 11 November 11		
7:45pm-8:45pm	Yoga	Simply Stretch	Yoga	Yoga			

Cycle fit spaces are allocated 30 min prior to class on a first come, first serve basis.

[View Arena Weekly Public Skate Schedule](#)

Schedules are subject to change without notice

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.