

# LIFEQUEST LESSON POOL SCHEDULE

## Pool Hours:

MON - FRI | 5:30AM - 10:00PM  
 SAT- SUN | 7:00AM - 9:00PM  
 Courtyard hours as posted and weather appropriate.

Time	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM		Pool Closed				Pool Closed 5am - 7:00am	
6:00 AM		Under 6 Parent Supervised Swim	Supervised Swim				
7:00 AM						Under 6 Parent Supervised Swim	
8:00 AM	Aquacise 8am-9am		Aquacise 8am-9am		Aquacise 8am-9am	Aquacise 8am-9am	
9:00 AM							
10:00 AM	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 1:00pm	Swim Lessons 9am - 12:30pm	
11:00 AM							
12:00 PM							
1:00 PM		Under 6 Parent Supervised Swim	Supervised Swim				
2:00 PM							
3:00 PM							
4:00 PM						Under 6 Parent Supervised Swim	
5:00 PM	Swim Lessons 3:30pm - 7pm	Swim Lessons 3:30pm - 7pm	Swim Lessons 3:30pm - 7pm	Swim Lessons 3:30pm - 7pm			
6:00 PM							
7:00 PM		Under 6 Parent Supervised Swim	Supervised Swim				
8:00 PM			Under 15 Parent Supervised Swim 8:00pm - 10:00pm	Supervised Swim		Under 15 Parent Supervised Swim 8:00pm - 9:00pm	Supervised Swim
9:00 PM						Pool Closed 9:00pm	
10:00 PM			Pool Closed 10:00pm				

- Swim Lessons - Lesson Pool CLOSED  
\*If you are NOT a member of LifeQuest Fitness, access is limited to your swim lessons only.
- Under 6 parent supervised swim  
\*Slash Pool is always open  
\*Member Children Under 6 Must Always Be Supervised By A Parent In The Water With Them

- Under 15 parent supervised swim
- Aquacise Class
- Pool Closed

**Lap Lane**  
 Available ALL HOURS  
 EXCEPT from 8-9am on Monday,  
 Wednesday, Friday & Saturday

