

## Rex Wellness Center – Wakefield Lap Pool Availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u> 5:15-6:00 Swim Strong Series \$\$ (lanes 2-6)	<u>Open Swim</u>	<u>Open Swim</u>		
7:00-8:00							
8:00-9:00	8:30 - 9:15 H2O Fitness	8:30 - 9:15 H2O Fitness	8:30 - 9:15 H2O Fitness		9:00 – 9:45am Water Walking NO LAP SWIM	<u>Open Swim</u>  (\$\$ 10AM-3PM Private swim lessons offered to children)	<u>Open Swim</u> (\$\$ 8AM-12PM Private swim lessons offered to children)
9:00-10:00	water walking/open swim	<u>Open Swim</u>	walking/open swim  (\$\$ 10AM-5PM Private swim offered to children)	9:30-10:15 H2O Fitness  <u>Open Swim</u>	<u>Open Swim</u>	Private swim lessons offered to children)	
10:00-11:00	10:30 - 11:15 H2O Fitness	(\$\$ 12PM-5PM Private swim lessons offered to children)	10:30 - 11:15 H2O Fitness	11:30-12:15 Swim Strong Series \$\$ (lanes 2-6)  (\$\$ 12PM-5PM Private swim lessons offered to children)	10:35 - 11:20 H2O Fitness		
11:00-12:00	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	<u>Open Swim</u>	1:00-1:45 H2O Fitness or H2O Zumba Alternating weeks Please check the group ex schedule
12:00-1:00	(\$\$ 12PM-5PM Private swim lessons offered to children)						
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00	5:45 - 6:30 H2O Fitness		5:45-6:30 H2O Fitness				
7:00-8:00	<b>POOL CLOSSES</b> At 8:45 pm	<b>POOL CLOSSES</b> At 8:45 pm	<b>POOL CLOSSES</b> At 8:45 pm	<b>POOL CLOSSES</b> At 8:45 pm	<b>POOL CLOSSES</b> At 7:45 pm	<b>POOL CLOSSES</b> at 5:45 p.m.	
8:00-8:45						<b>Lap Lane Swimming MAY NOT</b> be available during classes, depending on the number of people in the group class.	

- During the H2O Fitness classes, depending on the number of participants there MAY be only 2 lanes will be available for lap swimming. 5 minutes have been allotted prior to class start times for the removal of lane lines and preparation for H2O Fitness Classes. (Please see reverse side for therapy pool availability.)
- During private or group swim lessons, select lanes may be reserved but the pool is still open for lap swimming and individual aquatics. \$\$ paid program, requires registration
- Private swim lessons for children may take place Monday through Friday during designated times. Only 1-2 children will be in the pool.

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