

If the H2O Water Classes have more than 25 participants, the 5th swim lane will be pulled.

Rex Wellness Center – Wakefield Lap Pool Availability

If the H2O Water Classes have more than 25 participants, the 5th swim lane will be pulled.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00	Open Swim 5:05-5:50	Open Swim	Open Swim 5:05-5:50	Open Swim	Open Swim		
7:00-8:00	Adult Swim Lessons \$\$(lanes 1-3)		Swim Strong Series \$\$ (lanes 2-6)				
8:00-9:00	8:30 - 9:15 H2O Fitness (lanes 1-4)		8:30 - 9:15 H2O Fitness (lanes 1-4)		8:30 - 9:15am H2O Fitness (lanes 1-4)	Open Swim 8:30 - 10:00 Adult Swim Clinics \$\$(lanes 1-3)	Open Swim (\$\$ 8AM-12PM Private swim lessons offered to children)
9:00-10:00	water walking/open swim	8:30 - 9:15 H2O Fitness (lanes 1-4)	walking/open swim	9:30-10:15 H2O Fitness (lanes 1-4)	Open Swim	(\$\$ 10AM-3PM Private swim lessons offered to children)	
10:00-11:00		Open Swim	(\$\$ 10AM-5PM Private swim offered to children)	Open Swim	10:35 - 11:20 H2O Fitness (lanes 1-4)		
	10:30 - 11:15 H2O Fitness (lanes 1-4)	(\$\$ 12PM-5PM Private swim lessons offered to children)	10:30 - 11:15 H2O Fitness (lanes 1-4)	(\$\$ 12PM-5PM Private swim lessons offered to children)	Open Swim	11:00 - 11:45 H2O Fitness (lanes 1-4)	
11:00-12:00	Open Swim				(\$\$ 12PM-5PM Private swim lessons offered to children)		12:00-12:45 OR 1:00-1:45 H2O Fitness (lanes 1-4)
12:00-1:00							
1:00-2:00	(\$\$ 12PM-5PM Private swim lessons offered to children)	Open Swim	Open Swim	Open Swim			
2:00-3:00					(\$\$ 5:30PM-7:30PM Private swim lessons offered to children)	Open Swim	Alternating weeks Please check the group ex schedule
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00	5:45 - 6:30 H2O Fitness (lanes 1-4)		5:45-6:30 H2O Fitness (lanes 1-4)				
7:00-8:00		6:30 - 7:15 H2O Fitness (lanes 1-4)					
8:00-8:45	POOL CLOSSES At 8:45 pm	POOL CLOSSES At 8:45 pm	POOL CLOSSES At 8:45 pm	POOL CLOSSES At 8:45 pm	POOL CLOSSES At 7:45 pm		
						POOL CLOSSES at 5:45 p.m.	

- During the H2O Fitness classes, 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.
- Private swim lessons for children may take place Monday through Friday during designated times. Only 1-2 children will be in the pool.
- \$\$ paid program, requires registration