

WELLNESS CENTER POOL SCHEDULE



Monday

6 am Open Swim
8:30 am Arthritis Class
10:00 am Arthritis Class
11:00 am Open Swim
1:30 pm Aqua Fitness
2:30-9 pm Open Swim

Tuesday

6 am Open Swim
10:00 am Aqua Fitness
11:00 am Open Swim
1:30 pm Arthritis Class
2:30 pm Open Swim
3:00 pm Aqua Yoga
4:00 – 9 pm Open Swim

Wednesday

6 am Open Swim
8:30 am Arthritis Class
10:00 am Arthritis Class
11:00 am Open Swim
1:30 pm Aqua Fitness
2:30-9 pm Open Swim

Thursday

6-10 am Open Swim
10:00 am Aqua Fitness
11:00 am Open Swim
1:30 pm Arthritis Class
2:30-9 pm Open Swim

Friday

6-8:30 am Open Swim
8:30 am Arthritis Class
9:15 am Open Swim
1:30 pm Aqua Fitness
2:30-9 pm Open Swim

Weekend

Saturday & Sunday 6 am- 9 pm
Resident & Employee Swim

*Lebanon Community Members may access the pool beginning at 7:00 a.m., Monday through Friday.