



# BHRC WELLNESS Pool Schedule

## WINTER November 11<sup>th</sup> - February 16<sup>th</sup>



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	CLOSED	Open Water Walking, Adult Fitness, Therapy & Private Swim Lessons 5:30a-1p	Open Water Walking, Adult Fitness, Therapy & Private Swim Lessons 5:30a-1p	Open Water Walking, Adult Fitness, Therapy & Private Swim Lessons 5:30a-8:30a	Open Water Walking, Adult Fitness, Therapy & Private Swim Lessons 5:30a-8:30	Open Water Walking, Adult Fitness, Therapy & Private Swim Lessons 5:30a-1p	CLOSED
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	Water Fitness 8:30a-12p	Water Fitness 10a-12p	Therapy 8:30a-10:30	Water Fitness 8:30a-12p	Therapy 8:30a-10:30	Water Fitness 10a-12p	Swim Lessons 9-12p
10:00 AM							
10:30 AM							
11:00 AM	OPEN SWIM 12-5p	OPEN SWIM 1-8:30p	OPEN SWIM 1-8:30p	OPEN SWIM 1-8:30p	OPEN SWIM 1-8:30p	OPEN SWIM 1-7p	OPEN SWIM 8a-7p
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	CLOSED	SWIM LESSONS 5:30-7p	Water Fitness 5:30-6:30p	SWIM LESSONS 5:30-7p	Water Fitness 5:30-6:30p	CLOSED	CLOSED
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

**Tot Pool Open Swim (shared with swim lessons)**  
 M-Th: 9am-8:30pm Fri: 9am-7pm  
 Sat: 8am-7pm Sun: 12-5pm

**Hot Tub** Ages 16 and up ONLY: Open to close daily

**Sauna** ADULTS ONLY: Open to close daily