

Open Swim Times*

Aqua Track

Monday

5:00 am- 12:15 pm
1:00 - 5:30 pm
6:15 - 9:30 pm

Tuesday

5:00 am - 12:15 pm
1:00 - 9:30 pm

Wednesday

5:00 am - 12:15 pm
1:00 - 9:30 pm

Thursday

5:00 am- 12:15 pm
1:00 - 5:30 pm
6:15 - 9:30 pm

Friday

5:00 am - 7:30 pm

Saturday

7:00 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

Physical therapy sessions and group fitness classes have priority of use in the Aqua Track.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

Lap Pool - West Side

Monday

5:00 - 7:00 am
10:30 - 11:15 am
12:00 - 6:15 pm
7:00 - 9:30 pm

Tuesday

5:00 - 8:00 am
10:45 a.m. - 9:30 pm

Wednesday

6:00 - 7:00 am
7:45 - 8:30 am
10:30 - 11:15 am
12:00 - 9:30 pm

Thursday

5:00 - 8:00 am
10:45 am- 6:15 pm
7:00 - 9:30 pm

Friday

5:00 - 7:00 am
7:45 - 9:30 am
10:15 am - 7:30 pm

Saturday

7:00 - 9:30 am
10:15 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

Outdoor Pool

Monday

5:00 - 8:30 am
10:30 - 11:15 am
12:00 - 6:15 pm
7:00 - 9:30 pm

Tuesday

5:00 - 8:00 am
10:45 am - 9:30 pm

Wednesday

5:00 - 8:30 am
10:30 - 11:15 am
12:00 - 9:30 pm

Thursday

5:00 - 8:00 am
10:45 am - 6:15 pm
7:00 - 9:30 pm

Friday

5:00 - 9:30 am
10:15 am - 7:30 pm

Saturday

7:00 - 9:30 am
10:15 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

The outdoor pool area is cleared during lightning and thunderstorms. It is strongly suggested swimmers also exit the indoor pool area during lightning and thunderstorms.

Lap pool classes move to the outdoor pool, weather permitting. Open swim is not available during group fitness classes and swim lesson times.

The two lanes on the east side of the indoor pool are always available for lap swimming. Users must sign in at the table. Limit lane usage to 30 minutes when others are waiting.

Children 12 years and younger must be supervised by an adult 19 years or older. Infants are required to wear swim diapers. Children under 13 are not allowed in the hot tubs, aqua track, steam rooms or saunas.

US Coast Guard or Red Cross life jackets are recommended for assistance. Flotation devices that pop, including water rings/wings, are not allowed.

Recreational swimming is not allowed in the outdoor or indoor pool during safety breaks. Individuals 18 and older are allowed to swim during breaks.

Staff may prohibit any behavior deemed unsafe. Outside food and drinks (other than bottled water) are not allowed in the pool area.

Evaluations for cleanliness and water balance are done every 4 hours on all pools and whirlpools.

Gym Reservations*

*Subject to change for special events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-7:00 am FULL COURT Basketball	5:00-7:00 am FULL COURT Basketball	5:00-7:00 am FULL COURT Basketball	5:00-7:00 am FULL COURT Basketball	5:00-7:00 am FULL COURT Basketball	
7:00-9:00 am FULL COURT Open Gym	7:00-10:00 am FULL COURT Pickleball	7:45-9:15 am FULL COURT Tai Chi +	7:00-10:00 am FULL COURT Pickleball	7:45-9:15 am FULL COURT Tai Chi +	7:00-10:00 am FULL COURT Pickleball	7:00-8:30 am FULL COURT H.I.I.T.
9:00-11:00 am EAST GYM - Pickleball WEST GYM - Basketball	10:00-11:00 am FULL COURT Young @ Heart	9:15-10:45 am FULL COURT Tai Chi	10:00-11:00 am FULL COURT Young @ Heart	9:15-10:45 am FULL COURT Tai Chi	10:00-11:00 am FULL COURT Young @ Heart	8:30-11:00 am EAST GYM - Pickleball WEST GYM - Basketball
11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball	11:00 am-1:00 pm FULL COURT Basketball
1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball	1:00-3:00 pm EAST GYM - Pickleball WEST GYM - Basketball
3:00-5:00 pm EAST GYM - Basketball WEST GYM - Pickleball	3:00-5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00-5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00-5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00-5:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00-6:00 pm EAST GYM - Pickleball WEST GYM - Basketball	3:00-5:00 pm EAST GYM - Basketball WEST GYM - Pickleball
5:00-7:00 pm FULL COURT Open Gym	5:00-8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00-8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00-8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	5:00-8:00 pm EAST GYM - Basketball WEST GYM - Pickleball	6:00-8:00 pm FULL COURT Open Gym	5:00-7:00 pm FULL COURT Open Gym
	8:00-10:00 pm FULL COURT Open Gym	8:00-10:00 pm FULL COURT Open Gym	8:00-10:00 pm FULL COURT Open Gym	8:00-10:00 pm FULL COURT Open Gym		

Helpful Reminders

- Please be respectful of all members.
- Gym reservations have priority of use. Schedule subject to change.
- Reserved gym times may be used for other activities if not in use.
- Children under 13 years of age must be supervised at all times by an adult at least 19 years old and are only allow in the pool area and the gym.
- Non-marking shoes are to be worn on the gym.
- Exercise equipment may not be used by children under 13 years of age.
- Pickleball equipment available for check out at the front desk.
- Change into workout shoes after entering the club.
- Wipe equipment with sanitizing wipes before and after use.
- When others are waiting, limit equipment and lap lane usage to 30 minutes.
- Taking unauthorized photos and videos is prohibited.
- Personal listening equipment is required when using a cell phone or device.
- ProActive is not responsible for theft, loss or damage of personal property.

Hours

Club Hours	Monday-Thursday	5:00 am - 10:00 pm
	Friday	5:00 am - 8:00 pm
	Saturday-Sunday	7:00 am - 7:00 pm
		Pool closes 30 minutes prior to club closing.
Senior Plus Option - Usage Hours	Monday-Friday	7:00 am - 4:00 pm
	Saturday-Sunday	7:00 am - 7:00 pm
Member Services Office Hours*	Monday-Thursday	9:00 am - 7:00 pm
	Friday	9:00 am - 6:00 pm
	Saturday	9:00 am - 4:00 pm
	Sunday	11:00 am - 4:00 pm
Lifeguard Hours*	Monday-Thursday	4:00 pm - 8:30 pm
	Friday	4:00 pm - 7:30 pm
	Saturday-Sunday	1:00 pm - 6:30 pm

*Subject to change.