POOL SCHEDULE

SUMMER 2020

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM			Open Swim				
11:30 AM]		11 ['] AM - 1 PM				
12:00 PM	Open Swim 11 AM - 1 PM		HEALING		Open Swim 11 AM - 1 PM		
12:30 PM	I I WINI - I I INI		WATER		I I AIVI - I I IVI		
1:00 PM			12 - 1 PM				
1:30 PM							Open Swim 12 PM - 3 PM
2:00 PM							-12 (10) - 3 (10)
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM			AQUA STRETCH				
5:00 PM			& TONE 4:30-5:15 PM				
5:30 PM	0 6 .		JU-J. IJ F IVI				
6:00 PM	Open Swim 4 - 8 PM				Open Swim		
6:30 PM	7 01111		Onan Curim		4 - 8 PM		
7:00 PM			Open Swim 4 - 8 PM				
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

- Entry is FREE to GSC Students/Faculty/Staff and those with a Fitness Membership
 Drop-in Rate: \$3 Access to all Fitness Facilities for the day, includes Group Fitness Classes & Pool Volleyball
- · Children 3 yrs. and under FREE