SPORT FIT BOWIE
A Health Club Like No Other

THERAPY POOL MASTER SCHEDULE
WINTER 2025
EFFECTIVE: JANUARY 1ST, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:00	Free Swim 5:00-8:30	Free Swim 5:00-7:00	Free Swim 5:00-11:00	Free Swim 5:00-7:00	Free Swim 5:00-8:30		
6:00 - 7:00							
7:00 - 8:00		Physical Therapy 7:00-2:00		Physical Therapy 7:00-2:00		Free Swim 7:00-11:30	Free Swim 7:00-10:30
8:00 - 9:00	Aqua Arthritus 8:30-9:15				Aqua Arthritus 8:30-9:15		
9:00 - 10:00	Free Swim 9:15-12:00				Free Swim 9:15-12:00		
10:00 - 11:00							Aqua Arthritis 10:30-11:15
11:00 - 12:00			Aqua Yoga 11:00-11:45			Swim Lessons 11:30-12:45	Swim Lessons 11:30-12:45
12:00 - 1:00	Physical Therapy 12:00-8:00	Free Swim 2:00-5:25	Physical Therapy 12:00-8:00		Physical Therapy 12:00-6:00	Family Swim 12:45-6:00	Family Swim 12:45-6:00
1:00 - 2:00							
2:00 - 3:00				Free Swim 2:00-5:15			
3:00 - 4:00							
4:00 - 5:00							
5:00 - 6:00		Swim Lessons 5:25-6:30		Aqua Stretch 5:15-6:00			
6:00 - 7:00		Aqua Arthritis 6:30-7:15		Aqua Arthritis 6:00-6:45	Swim Lessons 6:00-7:10	Free Swim 6:00-8:30	Free Swim 6:00-8:30
7:00 - 8:00	Family Swim 8:00-10:30	Family Swim 7:15-10:30	Family Swim 8:00-10:30	Family Swim 7:00-10:30	Family Swim 7:10-10:30		
8:00 - 9:00							
9:00 - 10:00							
10:00 - 10:30							

- SPACE MAY BE LIMITED DURING BUSY HOURS. Programs & Lessons will have priority to pool space.
- Additional special programming may occur in the Aquatic Center. See Special Programming Calendar for details.
- We invite families and children to swim and play only during Family Swim hours as scheduled.
- Children will not be permitted to wait on the deck while their guardian swims laps, takes classes, uses the hot tub, etc.
- Children participating in lap swimming MUST be able to swim multiple laps without stopping and without the use of flotation devices or the assistance of an adult. A swim test is required.
- Those children who are learning to swim laps may do so during family swim hours.
- Keep a current copy of this schedule for your convenience. The schedule is subject to change based on programming needs.