

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 5:00-7:00		Free Swim 5:00-7:00				
6:00 - 7:00	Free Swim 5:00-8:30				Free Swim 5:00-8:30			
7:00 - 8:00		Physical Therapy 7:00-2:00	Free Swim 5:00-11:00	Physical Therapy 7:00-2:00		Free Swim 7:00-11:30	Free Swim 7:00-10:30	
8:00 - 9:00	Aqua Arthritis 8:30-9:15				Aqua Arthritis 8:30-9:15			
9:00 - 10:00								
10:00 - 11:00	Free Swim 9:15-12:00							
11:00 - 12:00			Aqua Yoga 11:00-11:45				Aqua Arthritis 10:30-11:15	
12:00 - 1:00						Swim Lessons 11:30-12:45	Swim Lessons 11:30-12:45	
1:00 - 2:00						Family Swim 12:45-8:30	Family Swim 12:45-8:30	
2:00 - 3:00	Physical Therapy 12:00-8:00	Family Swim 2:00-5:25	Physical Therapy 12:00-8:00	Family Swim 2:00-5:15	Physical Therapy 12:00-6:00			
3:00 - 4:00								
4:00 - 5:00								
5:00 - 6:00								
6:00 - 7:00		Swim Lessons 5:25-6:30		Aqua Stretch 5:15-6:00	Swim Lessons 6:00-7:10			
7:00 - 8:00		Aqua Arthritis 6:30-7:15		Aqua Arthritis 6:00-6:45				
8:00 - 9:00				Family Swim 7:00-10:30	Family Swim 7:10-10:30			
9:00 - 10:00	Family Swim 8:00-10:30	Family Swim 7:15-10:30	Family Swim 8:00-10:30					
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.