



FITNESS (Indoor) POOL

Schedule



Fitness Use ONLY - 8:00 AM to 12:00 PM*

Fitness Use includes Water Therapy, Water Rehab, and Lap Swimming.

SEABROOK SWIM TIMES

↓ LISTED BELOW ↓

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• 12 PM to CLOSE	• 12 PM to CLOSE	• 12 PM to 4 PM • 5 PM to CLOSE	• 12 PM to CLOSE	• 12 PM to 4 PM • 5 PM to CLOSE	• 12 PM to Close	• 12 PM to CLOSE

LANE DESIGNATIONS DURING SEABROOK SWIM

↓ LISTED BELOW ↓

Doors to Fitness Center	
Stairs	Lane 1 - Water Therapy
	Lane 2 - Lap Swimming
	Lane 3 - Lap Swimming
	Lane 4 - Open Swim
	Lane 5 - Open Swim
Doors to Outdoor Pool	

Please bring a TOWEL with you...
We *DO NOT* provide POOL TOWELS.



***Pool Closed Due to Classes**

Monday through Friday
8:30 AM to 9:30 AM

Tuesday & Thursday
4:00 PM to 5:00 PM



