FACILITY SCHEDULES

OPEN GYM

Monday	12:00 – 1:15 PM	Adults
	6:45 - 7:30 PM	Grades 3-6
	7:30 - 8:45 PM	Grades 7-Age 21
Tuesday	7:00 – 7:30 PM	Grades 3-6
	7:30 – 8:45 PM	Grade 7–Age 21
Wednesday	12:00 – 1:15 PM	Adults
	7:00 – 7:30 PM	Grades 3-6
	7:30 – 8:45 PM	Grade 7–Age 21
Thursday	3:15 – 4:00 PM	Grades K–5
	6:15 – 7:30 PM	Grades 3–6
	7:30 – 8:45PM	Grade 7–Age 21
Friday	12:00 – 1:15 PM	Adults
	7:00 – 7:30 PM	Grades 3–6
	7:30 – 8:45 PM	Grade 7–Age 21
Saturday	11:15 - 12:15 PM	Member/Parent
	1:45 – 2:45 PM	Grades K–6
	2:45 – 3:45 PM	Grade 7–Age 21
Sunday**	2:30 - 3:15 PM	Member/Parent
	3:15 - 4:00 PM	Grades 3-6
	4:00 - 4:45 PM	Grades 7 - Age 21

**Sunday programs run from November 17th to March 22nd.

WEIGHT ROOM

Monday to Friday *(except Thurs)*	6:30 AM – 3:30 PM	Grade 7–Adult
Thursday	6:30 AM–1:00 PM	Grade 7–Adult
Thursday	1:00 PM–6:00 PM	Grade 7–12
Thursday	6:00 PM – 8:45 PM	Grade 7–Adult
Mon. to Fri.	3:30 PM – 6:00 PM	Grade 7–12
Mon. to Fri.	6:00 PM – 8:45 PM	Grade 7–Adult
Saturday	9:00 AM – 3:45 PM	Grade 7–Adult
Sunday	1:00 PM – 4:45 PM	Grade 7–Adult

RECREATION SWIM

For Hayden Youth Members ONLY
Parents must accompany a youth member in the pool during designated Member & Parent times ONLY

Monday	3:30 – 4:15 PM	Age 4–Grade 8
Tuesday	3:30 – 4:15 PM	Age 4–Grade 8
Wednesday	3:30 – 4:15 PM	Age 4–Grade 8
Thursday	3:30 – 4:15 PM	Age 4–Grade 8
Friday	3:30 – 4:15 PM	Age 4–Grade 8
	6:30 - 7:30 PM	Member & Parent** Ages 4 and up
Saturday	1:30 – 3:00 PM	Age 4–Grade 8
Sunday*	3:00 – 3:45 PM	Member & Parent** Ages 6 mos & Up
	3:45 – 4:30 PM	Age 4-Grade 8

* Sunday hours run from November 17th to March 22nd

** Youth members must be accompanied in the water by a parent or guardian.

TEEN LAP SWIM

Grades 6-12

Monday	7:30-8:40 PM
Friday	7:30-8:40 PM

SR CITIZEN SWIM

LAP SWIMMING
Monday-Friday
11:00-11:45 AM

ADULT LAP SWIMMING

For Plunge & Willard Club Members ONLY
Age 18 & Up

Monday to Friday	6:30 – 8:30 AM	Lap Swimming
Monday to Friday	12:00 – 2:00 PM	Lap Swimming
Monday & Friday ONLY	7:30 – 8:40 PM	Lap Swimming
Saturday	7:30 – 8:30 AM	Lap Swimming
Sunday	1:15 – 2:45 PM	Lap Swimming

Plunge runs from September 9th to May 23rd
Sunday Program runs November 17th to March 22nd.
Limited to MEMBERS ONLY —
NO GUESTS or OBSERVATION permitted

GENERAL SKATE

All Skater's MUST be Hayden Members

Saturday	3:30 PM - 4:45 PM
Sunday	12:30 PM - 2:00 PM
Monday	1:15 PM-2:45 PM
Wednesday	12:15 PM - 1:45 PM* *

Youth members	$3.00
Adult members	$5.00
Special Family Rate	$8.00*

**(maximum cost)*

**may be cancelled on the second Wednesday of the month due to U.S. Figure Skating Test Sessions. Please call ahead.