



Spokane Fitness Center Valley Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6am	Facility Closed						Facility Closed
6-7am							
7-8am							
8-9am		H ₂ O Fit	Muscle Focus	H ₂ O Fit	Muscle Focus	H ₂ O Fit	
9-10am				H ₂ O Fit (9:15)		H ₂ O Fit (9:15)	
10-11am							
11-12pm							
12-1pm							
1-2pm	Family Swim <i>Lifeguard On Duty</i>						Family Swim <i>Lifeguard On Duty</i>
2-3pm							
3-4pm	1-4pm	Family Swim <i>Lifeguard on Duty</i>		Family Swim <i>Lifeguard on Duty</i>		Family Swim <i>Lifeguard on Duty</i>	1-4pm
4-5pm							
5-6pm		3-6pm		3-6pm		3-6pm	
6-7pm							
7-8pm				H ₂ O Fit			
8-9pm							
9-10pm	Facility Closed						Facility Closed
10-11:30pm							

Per Health Department Regulations: **Children under the age of 17** are **ONLY** permitted to swim while a lifeguard is on duty. Thank you for complying with the State of Washington's Health Regulations. **WAC 246-260-131**