



# 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 <sub>2</sub> O Fit	Muscle Focus	H <sub>2</sub> O Fit	Muscle Focus	H <sub>2</sub> O Fit	
9-10am				H <sub>2</sub> O Fit (9:15)		H <sub>2</sub> O Fit (9:15)	
10-11am							
11-12pm							
12-1pm							
1-2pm	Family Swim						Family Swim
2-3pm		Lifeguard On Duty					
3-4pm	Family Swim						
4-5pm	1-5pm	Lifeguard On Duty					1-5pm
5-6pm		3-6pm					
6-7pm							
7-8pm				H <sub>2</sub> 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**