

STILLWATER CAMPUS

POOL INDEPENDENT THERAPEUTIC EXERCISE (ITE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7 - 9 a.m. 11 a.m. - noon	7 - 9 a.m.	7 - 9 a.m. 11 a.m. - noon	7 - 9 a.m.	7 - 9 a.m.	10 a.m. - noon
Afternoon & Evening	2 - 6 p.m.	1 - 5 p.m. 7 - 8:30 p.m.	2 - 6 p.m.	2 - 5 p.m. 7 - 8:30 p.m.	1 - 5:30 p.m.	

*A lap lane is available during all ITE hours listed above. An additional lap swim hour is Thursday from 1 – 2 p.m.
Note that Monday through Friday 7 – 7:30 a.m. there are three lap lanes in and the deep end is only available for lap swimmers.
Lap swimmers must be able to swim the length of the pool continuously (25 yards)*

FITNESS INDEPENDENT CENTER HOURS (Temporary hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m. – 5pm	8 a.m. – 5pm.	7 a.m. – 5pm.	8 a.m. – 5pm	7 a.m. – 3:30.	9 a.m. – noon

**ITE and independent fitness center times are reserved for individuals who have received an assessment and orientation. All clients must obtain a pass from the front desk prior to use and check in every visit.*

GOLDEN VALLEY CAMPUS

POOL INDEPENDENT THERAPEUTIC EXERCISE (ITE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7:30 – 9 a.m.	7:30 – 9 a.m. 11 a.m. – noon	7:30 – 9 a.m.	7:30 – 9 a.m. 11 a.m. – 1 p.m.	7:30 – 9 a.m.	7:30 – 9 a.m.
Afternoon & Evening	2 – 4 p.m.	2 – 4 p.m. 5 – 8:00 p.m.	2 – 5 p.m.	2 – 4 p.m. 5 – 8 p.m.	2 – 4 p.m.	11 a.m. – 12:30pm

LAP SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:15 a.m. 3:30 – 4 p.m.	7:30 – 8:15 a.m. 3 – 4 p.m. 7:30 – 8:00 p.m.	7:30 – 8:15 a.m. 3:30 – 5 p.m.	7:30 – 8:15 a.m. 12:15 – 1:00 p.m. 3 – 4 p.m. 7:30 – 8:00 p.m.	7:30 – 8:15 a.m. 3 – 4 p.m.	7:30 – 8:15 a.m. noon – 2 p.m.

Lap swimmers must be able to swim the length of the pool continuously (25 yards)

FITNESS INDEPENDENT CENTER HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m. – 5 p.m.	7 a.m. – 5p.m.	7 a.m. - 5 p.m.	7 a.m. – 5 p.m.	7 a.m. – 4 p.m.	9 a.m. – 12 a.m.

***ITE and independent fitness center times are reserved for individuals who have received an assessment and orientation. All clients must obtain a pass from the front desk prior to use and check in every visit.**