



# Wellness Center\*

## Fall 2019 Facility Hours

(August 19<sup>th</sup> – December 6<sup>th</sup>)

Main Desk: 918-540-6372  
 Aquatics Center: 918-540-6268  
 Wellness Coordinator: 918-540-6098  
 Aquatics Coordinator: 918-540-6169  
 Remind Text: @neopool To: 81010

Monday - Friday: 6:00am-9:00pm

Saturday: 6:00am-2:00pm

Sunday: 1:00pm-9:00pm

*\*includes Core Fitness Room*

### POOL\*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6-7am	Closed		MHS		MHS			
7-8am								
8-9am			Integris Hospital		Integris Hospital		Integris Hospital	
9-10am								
10-11am								
11-12pm								
12-12:30pm								
12:30-1pm				Home of Hope		Home of Hope		
1-1:30pm								
1:30-2pm								
2-3pm		Arthritis	MHS	Arthritis	MHS	Arthritis	Closed	
3-4pm								
4-5pm		NEO	NEO	NEO	NEO	NEO		
5-5:30pm								
5:30-6pm			Aqua Zumba		Aqua Zumba			
6-6:30pm								
6:30-7pm								
7pm-8pm								
8pm-9pm								

*\*Pool hours are subject to change without notice. We suggest you join the Remind Text to receive these notifications.*

*\*In the event that lighting is spotted, the pool will be closed immediately and all swimmers will exit the pool.*

*\*\* Lifeguard(s) on duty are certified.*

Color Key	Yellow	Black	No Open Swim
	Blue	White	Open Swim Available