

LAP POOL

Effective August 1 to August 22, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		6:00-11:50	6:00-10:45	6:00-1:45	6:00-10:45	6:00-1:45	8:00 - 12:00 Lap Swim
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 AM							
9:00 AM		9-10:45 1 lane private	9-10:45 1 lane private	9- 10:45 1 lane private	9-10:45 1 lane private		
10:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim		12:00-12:55 2 Lanes Family Swim and Open Swim 2 Lanes Lap
11:00 AM			Aquacise 11:00		Aquacise 11:00		
12:00 PM		Aquacise 12:00	12:00-3:45		12:00-3:45		
1:00 PM		1:00-3:45	Lap Swim	2:00-2:50 Camp	Lap Swim	Aquacise 2:00-2:45	
2:00 PM		Lap Swim		3:00-3:45 Lap Swim			
3:00 PM		Swim Lessons 3:45-5:00					2 Lanes Family Swim
4:00 PM		5:05-6:25	5:05-6:25	5:05-5:30 4 Lap Lanes	5:05-6:25	and Open Swim	
5:00 PM		2 Lanes Lap	2 Lanes Lap	5:05-6:25 2 Lap Lanes		2 Lanes Lap	
6:00 PM		2 Lanes Open	2 Lanes Open	5:30- 6:15 Aquacise	2 Lanes Open	5:00-7:00	
7:00 PM		6:30-8	6:30-8	6:30-8	6:30-8	Lap Swim	
8:00 PM		NSSC	NSSC	NSSC	NSSC		

Family swim is an open swim No Lanes are available for Lap Swimming

Circle swimming will be enforced if more than 2 swimmers are swimming per lane

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

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Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
6:00 AM		6:00 -11:10	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50					
7:00 AM		Adult Open	Adult Open	Adult Open	Adult Open	Adult Open					
8:00 AM							8:00-9:30				
9:00 AM							AJH	Swim Lessons	Swim Lessons	Swim Lessons	Adult Open
10:00 AM							9:00 - 12:10	9:00 - 11:00	9:00 - 11:00	9:00 - 11:00	Swim Lessons
11:00 AM		11:15-12:00 Aqua Yoga	12:10:-12:25 Adult Open	11:15 AFAP	11:15-1:00	11:00-11:25 Adult Open	9:30-10:45				
12:00 PM		12:05-12:55 Adult Open	12:30 AFAP	12:05-3:15		Adult Open	11:30-Gen. Aqua Mov	10:45-12:50			
1:00 PM		1:00-1:45 AFAP	1:15-2:15 Element Care		1:15-2:15 Element Care	12:15 Aqua Yoga	Adult Open				
2:00 PM		1:50-3:15 Adult Open	2:20-3:15 Adult Open		Adult Open	2:20-3:15 Adult Open	1:05-7:00				
3:00 PM		Swim Lessons 3:20-5:00									
4:00 PM											
5:00 PM		5:05-5:25 Adult Open	5:00-6:10 AJH	5:05-6:15 Adult Open	5:05-6:00 Adult Open						
6:00 PM		5:30-6:00 Lessons	6:15-7:00	6:15-7:00	6:05 - 7:00						
7:00 PM		6:05-7:00 Encore	Adult Open	AquaStretch	Encore						
8:00 PM											

Warm Water Pool is for 18 years and over

There is No Lap Swimming in the Warm Water Pool

Signup is required for Aqua Stretch, Aqua Yoga and AFAP

