

LAP POOL

Effective September 27 to November 28 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		6:00-11:50	6:00-10:45	6:00-10:45	6:00-10:45	6:00-1:45	
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 AM	8:00 - 12:50 Lap Swim		10:00 -10:30 1 Lane Lesson				Lap Swim
9:00 AM							
10:00 AM							
11:00 AM			Aquacise 11:00	Aquacise 11:00	Aquacise 11:00		
12:00 PM		Aquacise 12:00	12:00-3:45	12:00-3:45	12:00-3:45		
1:00 PM		1:00 1 Lane Lesson	Lap Swim	Lap Swim	Lap Swim	Aquacise 2:00	2 Lanes
2:00 PM		1:00-3:35 Lap Swim				2:50-3:45 Lap Swim	Family/Open Swim
3:00 PM		Swim Lessons 3:45-5:00					2 Lanes Lap
4:00 PM		5:05-6:25	5:05-5:30 4 Lap Lanes	5:05-5:30 4 Lap Lanes	5:05-5:30 4 Lap Lanes	5:05-7:00 Lap Swim	
5:00 PM		2 Lanes Lap	5:30-6:25	5:05-6:25 2 Lap Lanes	5:30-6:25		
6:00 PM		2 Lanes Open	Masters Team	5:30- 6:15 Aquacise	Masters Team		
7:00 PM		6:30-8	6:30-8	6:30-8	6:30-8		
8:00 PM		NSSC	NSSC	NSSC	NSSC		

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 -8:50	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	8:00-12:50						8:00-9:30	
9:00 AM	Adult Open						Swim Lessons	AJH
10:00 AM		9:00 - 11:00	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	11:00-11:25 Adult Open	11:15-3:15	11:00-11:25 Adult Open	9:30-10:45	
12:00 PM		12:05-12:55 Adult Open	12:30 - 1:00 AFAP	11:30-12:15 AFAP		Adult Open	11:30-Gen. Aqua Mov	10:45-12:50
1:00 PM		1:00-1:45 AFAP	1:05 - 3:15	12:20-3:15			12:15-1:00 Aqua Yoga	Adult Open
2:00 PM			1:50-3:15 Adult Open	Adult Open	Adult Open		1:05-3:15 Adult Open	
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	5:05 - 7:00	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

