

Lap Pool

Pool Schedule Effective September 2, 2025

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

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Pool Schedule Effective September 2, 2025

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								8:00-9:15
9:00 AM		9:00-11:00	9:00-12:10	9:00-11:00	9:00-9:45	9:00-11:15	Adult Open	
10:00 AM		Swim Lessons	AJH	Swim Lessons	Swim Lessons	Swim Lessons	9:15-10:40	
11:00 AM		11:15-12:00 AFAP		11:15-12:00 AFAP	9:45-3:15	11:30-12:15 Gen. Move	Swim Lessons	
12:00 PM		12:05-12:55 Adult Open	12:30 AFAP	12:05-3:15		12:15 Aqua Yoga	10:45-12:50	
1:00 PM		1:00 Aqua Yoga	1:05-3:15	Adult Open		Adult Open	1:00-3:15	Adult Open
2:00 PM		2:05-3:15 Adult Open	Adult Open			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	5:05-6:10 Adult Open	5:05-6:10 Adult Open	5:05-7:00		
6:00 PM		5:30-6:00 Swim Lesson				Adult Open		
7:00 PM		6:15-7:00 Encore	6:15-7:00 Adult Open	6:15-7:00 AquaStretch	6:15-7:00 Encore			

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

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