

LAP POOL

Effective June 29 to August 21, 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			
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		8:00 - 12:00	
8:00 AM								Lap Swim	
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				
11:00 AM			Aquacise 11:00		Aquacise 11:00				
12:00 PM		Aquacise 12:00	12:00-3:45		12:00-3:45			12:00-12:55	
1:00 PM		1:00-3:45	Lap Swim	2:00-2:50 Camp	Lap Swim	Aquacise 2:00-2:45		Family Swim	
2:00 PM		Lap Swim		3:00-3:45 Lap Swim					
3:00 PM		Swim Lessons 3:45-5:00						3:00-5:00	
4:00 PM		5:05-6:25	5:05-6:25	5:05-5:30 4 Lap Lanes	5:05-6:25	Family 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

Effective June 29 to August 21, 2026

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 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		
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

