

Lap Pool

Spring Pool Schedule Effective May 18, 2026

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		
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM							8:00-11:55	
9:00 AM							Lap Swim	
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		
1:00 PM			1:00-1:30 3 Lanes	Lap Swim		Lap Swim	2:00 Aquacise	12:00-12:55
2:00 PM			1:30-3:45 4 Lanes	12:30 -1:30 3 Lanes			2:45-3:45 Lap Swim	Family Swim
3:00 PM			Swim Lessons 3:45 to 5:00					
4:00 PM								
5:00 PM			5:05-6:25	5:05-6:25	5:05-5:30 4 Lanes Lap	5:05-6:25	5:05-7:00	
5:30 PM			2 Lanes Open	2 Lanes Open	5:30 to 6:10 Aquacise	2 Lanes Open	2 Lanes Open	
6:00 PM			2 Lanes Lap	2 Lanes Lap	5:30 to 6:25 2 Lanes Lap	2 Lanes Lap	2 Lanes Lap	
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			

Family swim all lanes out (no Lap Swimming)

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								8:00-9:25
9:00 AM		9:00-11:00	9:00-12:05	9:00-11:00	9:00-10:15	9:00-11:15		Adult Open
10:00 AM		Swim Lessons	AJH	Swim Lessons	Swim Lessons	Swim Lessons		9:30-10:45
11:00 AM		11:15-12:00 AFAP	12:10-12:25 Open	11:15-12:00 AFAP	10:20-1:00	11:30-12:15 Gen. Move		Swim Lessons
12:00 PM		12:05-12:55 Adult Open	12:30 AFAP	12:05-3:15 Adult Open	Adult Open	12:15 Aqua Yoga		10:45-12:50
1:00 PM		1:00 Aqua Yoga	1:15-2:15 Element Care		1:15-2:15 Element Care	1:00-3:15		Adult Open
2:00 PM		2:05-3:15 Adult Open	2:20-3:15 Adult Open		2:20-3:15 Adult Open	Adult Open		
3:00 PM		Swim Lessons 3:20-5:00						
4:00 PM		Swim Lessons 3:20-5:00						
5:00 PM		5:05-5:25 Adult Open	5:00-6:10	5:05-6:10	5:05-6:10	5:05-7:00		
6:00 PM		5:30-6:00 Swim Lesson	AJH	Adult Open	Adult Open	Adult Open		
7:00 PM		6:05 -7:00 Encore	6:15- 7:00 Adult Open	6:15 - 7:00 AquaStretch	6:05-7:00 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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