

Lap Pool

Winter Pool Schedule Effective December 1, 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-11:50 Lap Swim	6:00-10:50 Lap Swim 9:30 -10:30 3 Lanes 11:00 Aquacise	6:00-3:45 Lap Swim	6:00-10:50 Lap Swim 11:00 Aquacise	6:00-1:50 Lap Swim		
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM								
12:00 PM		12:00 Aquacise	12:00-3:45 Lap Swim	12:00-3:45 Lap Swim	1:50-2:45 2 Lanes Lap	12:00-12:55		
1:00 PM		1:00-1:30 3 Lanes			2:00 Aquacise 2 Lanes			
2:00 PM		1:30-3:45 4 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		5:05-5:55 2 Lanes Open	5:05-5:55 Masters	5:05-5:55 2 Lanes Lap 5:15 to 5:55 Aquacise	5:05-5:55 Masters	5:05-5:55 2 Lanes Open		
5:30 PM		2 Lanes Lap				2 Lanes Lap		
6:00 PM		6:00-7:30 NSSC	6:00-7:30 NSSC	6:00-7:30 NSSC	6:00-7:30 NSSC	6:00-8:00 TRITON		
7:00 PM								
8:00 PM								

Family swim all lanes out (no Lap Swimming)

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Winter Pool Schedule Effective December 1, 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								
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		11:15-12:00 AFAP	10:20-3:15	11:30-12:15 Gen. Move	Swim Lessons	
12:00 PM		12:05-12:55 Adult Open	12:15 AFAP	12:05-3:15		Adult Open	12:15 Aqua Yoga	10:45-12:50
1:00 PM		1:00 Aqua Yoga	1:05-3:15	Adult Open	1:00-3:45		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	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		6:15 -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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