# Lap Pool

Winter Pool Schedule Effective November 29, 2026

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

Family swim all lanes out (no Lap Swimming)

1 Length = 25 yards

72 Lengths = 1 mile

# Adult Warm Water Pool

Winter Pool Schedule Effective November 29, 2026

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