

Lap Pool

Fall Pool Schedule Effective September 3, 2024

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				9:30 -10:30 3 Lanes				8:00-12:00
9:00 AM								Lap Swim
10:00 AM								
11:00 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		5:00-6:30	5:00-5:25	5:00-6:15 2 Lanes Lap	5:00-5:25	5:05-7:00		
5:30 PM		Lap Swim	Lap Swim	5:30 to 6:15 Aquacise	Lap Swim	Lap Swim		
6:00 PM	Open Swim	5:25-6:25	6:15-6:30	5:25-6:25	Open Swim			
7:00 PM		Masters	Lap Swim	Masters				
8:00 PM		6:30-8:00 NSSC	6:30-8:00 NSSC	6:30-8:00 NSSC	6:30-8:00 NSSC			

Signup is required for Masters

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Fall Pool Schedule Effective September 3, 2024

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		9:00-11:15	9:00-12:00	9:00-11:15	9:00-10:15	9:00-11:15	Adult Open
10:00 AM		Swim Lessons	AJH	Swim Lessons	Swim Lessons	Swim Lessons	
11:00 AM		11:15-12:00 AFAP		11:15-12:00 Adult Open	10:20-12:00 Adult Open	11:30-12:15 Gen. Move	
12:00 PM		12:05-12:55 Adult Open	12:15 Encore	12:15 AFAP	12:15 AFAP (5 wk pd)	12:15 Aqua Yoga	
1:00 PM		1:00 Aqua Yoga	12:45-3:15	1:00-3:15	1:00-3:15	1:00-3:15	
2:00 PM		2:05-3:15 Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	
3:00 PM		Swim Lessons 3:20-5:00					
4:00 PM							
5:00 PM		5:05-6:00 Adult Open	5:00-6:10 AJH	5:05-6:10 Swim Lessons	5:05-6:00 Adult Open	5:05-7:00	
6:00 PM		6:05-7:00	6:15-7:00	6:15-7:00	6:05-7:00	Adult Open	
7:00 PM		Encore	Adult Open	AquaStretch	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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