

Lap Pool

Spring Pool Schedule Effective March 27, 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								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		1:00-3:45	Lap Swim		Lap Swim	2:00 Aquacise 2 Lanes	12:00-12:50	
2:00 PM		Lap Swim				2:45-3:45 Lap Swim	Open Swim	
3:00 PM		Swim Lessons 3:50 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	5:30-6:30	6:15-6:30	5:30-6:30	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

Spring Pool Schedule Effective March 27, 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	9:00-12:00	9:00-11:15	Adult Open
10:00 AM		Swim Lessons	AJH	Swim Lessons	AJH	Swim Lessons	
11:00 AM		11:15-12:00 AFAP		11:15-12:00 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	5:15-6:00 Encore	5:05-5:50 Aqua stretch	
6:00 PM		6:05-7:00	6:15-7:00	6:15-7:00	6:00-7:00	5:55-7:00	
7:00 PM		Encore	Adult Open	AquaStretch	Adult Open	Adult Open	

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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