



Aquatics Schedule

Main Pool

February
2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM	S U N D A Y O P E N S W I M					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	S U N D A Y O P E N S W I M	Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30
8:45 AM		Aqua-Zumba w/Lou Ann 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata w/Lou Ann 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	
9:00 AM			Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00	Aqua-Zumba w/Lou Ann 10:00-11:00
9:15 AM						
9:30 AM						
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Please Note:
Adult Only Swim
5am-11am M-F
 May operate on:
NO LIFEGUARD ON DUTY
-Swim at Your Own Risk-
WATCH YOUR CHILDREN
CLASSES HAVE PRIORITY USE OF POOL
No children during classes
Cardio Water
 Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!
Deep Water Toning & Cardio
 Total body conditioning using noodles, boards, buoys & all your muscles!
Synapse Surf
 Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.
Lap Swim
 All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. **Thank you for sharing!**

Pool Deck Cleaning (Pool Open)
1:00-3:45pm FRIDAYS
 pressure washer in use on pool deck

Pool Hours of Operations
 Sun 9am-5:45 pm
 Mon-Thurs 5am-8:45 pm
 Fri 5am-3:45 pm
 Sat CLOSED