



AQUATICS SCHEDULE

Main Pool
2025
MARCH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30				
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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

Closed

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