



Aquatics Schedule

Main Pool

2025 April

	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	SUNDAY OPEN SWIM					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	Deep Water Toning & Cardio w/Marge 7:30-8:30					
8:45 AM						
9:00 AM	Aqua-Zumba w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00		
9:15 AM	Cardio-Water w/Fern 10:00-11:00					
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM	Aqua-Zumba w/Velvet 10:00-11:00					
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM	Closed					
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM	Pool Deck Cleaning (Pool Open) 1:00-3:45pm FRIDAYS *pressure washer in use on pool deck*					
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM	Closed					
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM	Rugby Middle Swim Club 6:00-7:15					
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM	Cardio-Water w/Dee 6:30-7:30					
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	All Lanes Open 7:30-8:45					
8:15 PM						
8:30 PM						
8:45 PM						
8:45 PM						
8:45 PM						
8:45 PM						

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