



Aquatics Schedule

Main Pool

2025
May

	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						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
7:15 AM										
7:30 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	
7:45 AM										
8:00 AM						Closed				
8:15 AM										
8:30 AM										
8:45 AM										
9:00 AM										
9:15 AM										
9:30 AM										
9:45 AM										
10:00 AM		Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00	Aqua-Zumba w/Velvet 10:00-11:00					
10:15 AM										
10:30 AM										
10:45 AM										
11:00 AM										
11:15 AM										
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										
3:00 PM										
3:15 PM										
3:30 PM										
3:45 PM										
4:00 PM					Closed					
4:15 PM										
4:30 PM										
4:45 PM										
5:00 PM										
5:15 PM										
5:30 PM										
5:45 PM										
6:00 PM										
6:15 PM										
6:30 PM		Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30						
6:45 PM										
7:00 PM	Closed	All Lanes Open 7:30-8:45								
7:15 PM										
7:30 PM										
7:45 PM										
8:00 PM										
8:15 PM										
8:30 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!**

Schedule subject to change

Pool Hours of Operations

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