



# Aquatics Schedule

Main Pool

2025 May

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<div>Adult Only All Lanes Open</div> <div>5:00-7:30</div>				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	<div>Deep Water</div> <div>Toning &amp; Cardio</div> <div>w/Marge</div> <div>7:30-8:30</div>			<div>Deep Water</div> <div>Toning &amp; Cardio</div> <div>w/Marge</div> <div>7:30-8:30</div>	<div>Deep Water</div> <div>Toning &amp; Cardio</div> <div>w/Marge</div> <div>7:30-8:30</div>	
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM	<div>Aqua-Zumba</div> <div>w/Velvet</div> <div>8:40-9:40</div>	<div>Synapse Surf</div> <div>w/Rita</div> <div>9:00-10:00</div>	<div>Aqua-Tabata</div> <div>w/Velvet</div> <div>8:40-9:40</div>	<div>Synapse Surf</div> <div>w/Rita</div> <div>9:00-10:00</div>		
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM	<div>SUNDAY</div> <div>OPEN</div> <div>SWIM</div>					
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
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5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed					<div>Closed</div>
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	<div>All Lanes Open</div> <div>7:30-8:45</div>					<div>Pool Hou</div> <div>Sun</div> <div>Mon-TH</div> <div>Fri</div> <div>S</div>
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