



Aquatics Schedule

MAIN POOL

2025 June

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-------------------------------------|---|---|---|---|---|
| 5:00 AM | Closed | <div>Adult Only All Lanes Open</div> <div>5:00-7:30</div> <div>Adult Swim Only 5:00am-11:00am Monday - Friday</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 | SUNDAY OPEN SWIM | 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 | | | | | | |
| 7:45 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:15 AM | | | | | | |
| 8:30 AM | | | | | | |
| 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 | | | | | | |
| 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 | SUNDAY OPEN SWIM | | <div>Adult Swim Only 5:00am-11:00am Monday - Friday</div> | | | |
| 11:15 AM | | | | | | |
| 11:30 AM | | | | | | |
| 11:45 AM | | | | | | |
| 12:00 PM | | <div>FLAG CAMP 1:15-3:15</div> | <div>SUMMER PLUS CAMP 12:15-3:30</div> | | | |
| 12:15 PM | | | | | | |
| 12:30 PM | | | | | | |
| 12:45 PM | | | | | | |
| 1:00 PM | | | | | <div>Pool Deck Cleaning (Pool Open) 1:00pm - 3:45pm FRIDAYS *pressure washer in use</div> | |
| 1:15 PM | | | | | | |
| 1:30 PM | | | | | | |
| 1:45 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:15 PM | | | | | | |
| 2:30 PM | | | | | | |
| 2:45 PM | | | | | | |
| 3:00 PM | | | | | Closed | |
| 3:15 PM | | | | | | |
| 3:30 PM | | | | | | |
| 3:45 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:15 PM | | | | | | |
| 4:30 PM | | | | | | |
| 4:45 PM | | | | | | |
| 5:00 PM | Closed | | | | Pool Hours Sun Mon-Th Fri Sat | |
| 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!*