



Aquatics Schedule

MAIN
POOL

2025
July

	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</div> <div>5:00am-11:00am</div> <div>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						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM		<div>Adult Swim Only</div> <div>5:00am-11:00am</div> <div>Monday - Friday</div>				
11:15 AM						
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11:45 AM						
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6:00 PM	Closed					
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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						

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