



Aquatics Schedule

MAIN POOL

2025 August

	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			<div>Adult Swim Only</div> <div>5:00am-11:00am</div> <div>Monday - Friday</div>			
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						<div>Pool Deck Cleaning (Pool Open)</div> <div>1:00pm - 3:45pm</div> <div>FRIDAYS</div> <div>*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						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed					
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						
7:15 PM						
7:30 PM		<div>All Lanes Open</div> <div>7:30-8:45</div>				
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!*

Pool Hours of Operations

Sun 9am-5:45 pm

Mon-Thurs 5am-8:45 pm

Fri 5am-3:45 pm

Sat CLOSED