



# Aquatics Schedule

# MAIN POOL

# October 2025

	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	Cardio-Water w/Lisa 7:30-8:30		Cardio-Water w/Lisa 7:30-8:30		
7:15 AM						
7:30 AM						
7:45 AM						
8:00 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	
8:15 AM						
8:30 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
8:45 AM						
9:00 AM						
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						
11:30 AM		<div>Adult Swim Only 5:00am-11:00am Monday - Friday</div>				
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM		Trailblazers Swim Team 3 lap lanes 2:00-3:15		Trailblazers Swim Team 3 lap lanes 2:00-3:15		<div>Pool Deck Cleaning (Pool Open) 1:00pm - 3:45pm FRIDAYS *pressure washer in use</div>
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			Total Strength Aquatics w/Lisa 5:30-6:30			
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM	Rugby Swim Team 3 lap lanes 6:00-7:15	Cardio-Water w/Dee 6:30-7:30	Rugby Swim Team 3 lap lanes 6:00-7:15	Cardio-Water w/Dee 6:30-7:30	<div>Pool Hou</div> <div>Sun</div> <div>Mon-Th</div> <div>Fri</div> <div>S</div>	
6:45 PM						
7:00 PM	Closed					
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM	<div>All Lanes Open</div> <div>7:30-8:45</div>					
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 Deck Cleaning (Pool Open)  
1:00pm - 3:45pm  
FRIDAYS  
\*pressure washer in use

Closed

Pool Hours of Operations  
Sun 9am-5:45 pm  
Mon-Thurs 5am-8:45 pm  
Fri 5am-3:45 pm  
Sat CLOSED