



# 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						
8:45 AM						
9:00 AM						
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</div> <div>(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						Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM	Closed		Total Strength Aquatics w/Lisa 5:30-6:30			
5:30 PM						
5:45 PM						
6:00 PM		Rugby Swim Team 3 lap lanes 6:00-7:15		Rugby Swim Team 3 lap lanes 6:00-7:15		
6:15 PM			Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
6:30 PM						
6:45 PM						
7:00 PM	Closed	<div>All Lanes Open</div> <div>7:30-8:45</div>				
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!

Pool Hours of Operations

Sun 9am-5:45 pm

Mon-Thurs 5am-8:45 pm

Fri 5am-3:45 pm

Sat CLOSED