



Aquatics Schedule

MAIN POOL

October 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30 Adult Swim Only 5:00am-11:00am Monday - Friday					
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			Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00	Aqua-Zumba w/Velvet 10:00-11:00	
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							Pool Deck Cleaning (Pool Open) 1:00pm - 3:45pm FRIDAYS *pressure washer in use
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM		Trailblazers Swim Team 3 lap lanes 2:00-3:30			Trailblazers Swim Team 3 lap lanes 2:00-3:30		
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM		Christ School Swim Team 3 lap lanes 4:00-5:45	Christ School Swim Team 3 lap lanes 4:00-5:45	Christ School Swim Team 3 lap lanes 4:00-5:45	Christ School Swim Team 3 lap lanes 4:00-5:45	Closed	
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM			Total Strength Aquatics w/Lisa 5:45-6:30				
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30			
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM	Closed					Pool Hou Sun Mon-Th Fri ! Sa	
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