



AQUATICS SCHEDULE

MAIN POOL
2026 JANUARY

	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	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	Closed					
7:15 AM											
7:30 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	Aqua-Zumba w/Velvet 10:00-11:00						
7:45 AM											
8:00 AM		Adult Swim Only 5:00am-11:00am Monday - Friday									
8:15 AM											
8:30 AM											
8:45 AM											
9:00 AM		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						
9:15 AM											
9:30 AM		Cardio-Water w/Dee 6:30-7:30	Cardio-Water w/Dee 6:30-7:30	Cardio-Water w/Dee 6:30-7:30	Cardio-Water w/Dee 6:30-7:30						
9:45 AM											
10:00 AM		All Lanes Open 7:30-8:45									
10:15 AM											
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM											
11:45 AM											
12:00 PM	Closed	All Lanes Open 7:30-8:45									
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM											
1:15 PM											
1:30 PM											
1:45 PM											
2:00 PM	Closed	All Lanes Open 7:30-8:45									
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
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3:30 PM											
3:45 PM											
4:00 PM	Closed	All Lanes Open 7:30-8:45									
4:15 PM											
4:30 PM											
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6:00 PM	Closed	All Lanes Open 7:30-8:45									
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7:45 PM											
8:00 PM	Closed	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