



Aquatics Schedule

MAIN POOL

February 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<p><u>Adult Only All Lanes Open</u> 5:00-7:30</p> <p>Adult Swim Only 5:00am-11:00am Monday - Friday</p>				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM	SUNDAY OPEN SWIM	<p>Adult Swim Only 5:00am-11:00am Monday - Friday</p>				
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 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	
10:15 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
10:30 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						<p>Pool Deck Cleaning (Pool Open) 1:00pm - 3:45pm FRIDAYS *pressure washer in use</p>
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						Closed
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						<p>Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-8:45 pm Fri 5am-3:45 pm Sat CLOSED</p>
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM	Closed		Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
8:45 PM			All Lanes Open 7:30-8:45			

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!*