



# Aquatics Schedule

## Main Pool

### 2026 March

|          | Sunday                 | Monday                               | Tuesday                               | Wednesday                            | Thursday                              | Friday                                |
|----------|------------------------|--------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|
| 5:00 AM  | Closed                 | Lap Swim<br>All 5 Lanes<br>5:00-7:00 |                                       |                                      |                                       |                                       |
| 5:15 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:30 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:45 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:00 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:15 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:30 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:45 AM  | SUNDAY<br>OPEN<br>SWIM | Lap Swim<br>All 5 Lanes<br>5:00-7:00 |                                       |                                      |                                       |                                       |
| 7:00 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:15 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:30 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:45 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 8:00 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 8:15 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 8:30 AM  | SUNDAY<br>OPEN<br>SWIM | Aqua~Zumba<br>w/Velvet<br>8:40-9:40  | Synapse Surf<br>w/Rita<br>9:00-10:00  | Aqua-Tabata<br>w/Velvet<br>8:40-9:40 | Synapse Surf<br>w/Rita<br>9:00-10:00  |                                       |
| 8:45 AM  |                        |                                      |                                       |                                      |                                       |                                       |
| 9:00 AM  |                        |                                      | Cardio Water<br>w/Fern<br>10:00-11:00 |                                      | Cardio Water<br>w/Fern<br>10:00-11:00 | Aqua~Zumba<br>w/Velvet<br>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  |                        |                                      |                                       |                                      |                                       |                                       |
| 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  |                        |                                      |                                       |                                      |                                       |                                       |
| 4:15 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 4:30 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 4:45 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:00 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:15 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:30 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 5:45 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:00 PM  | Closed                 |                                      |                                       |                                      |                                       | Closed                                |
| 6:15 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 6:30 PM  |                        |                                      | Cardio-Water<br>w/Dee<br>6:30-7:30    |                                      | Cardio-Water<br>w/Dee<br>6:30-7:30    |                                       |
| 6:45 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:00 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:15 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:30 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 7:45 PM  |                        |                                      |                                       |                                      |                                       |                                       |
| 8:00 PM  |                        | Lap Swim<br>All 5 Lanes<br>7:30-9:00 |                                       |                                      |                                       |                                       |
| 8:15 PM  |                        | Lap Swim<br>All 5 Lanes<br>7:30-9:00 |                                       |                                      |                                       |                                       |
| 8:30 PM  |                        | Lap Swim<br>All 5 Lanes<br>7:30-9:00 |                                       |                                      |                                       |                                       |
| 8:45 PM  |                        | Lap Swim<br>All 5 Lanes<br>7:30-9:00 |                                       |                                      |                                       |                                       |

Please Note:  
May operate on:  
**\*NO LIFEGUARD ON DUTY\***  
Swim at your own risk  
**\*WATCH YOUR CHILDREN\***

**Adult Only Swim 5am-11am M-F**

**CLASSES HAVE PRIORITY USE OF POOL**  
**No children during classes**

**Cardio Water Class**  
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

**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**  
Please see the Lap Swim Etiquette handout for how to share lanes.  
**Thank you for sharing!**

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