



# Aquatics Schedule

# Main Pool

# 2026 March

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Lap Swim All 5 Lanes 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	Closed	Lap Swim All 5 Lanes 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 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	
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						
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5:30 PM						
5:45 PM						
6:00 PM	Closed	Rugby Middle Swim Club 6:00-7:15		Rugby Middle Swim Club 6:00-7:15		Closed
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	Lap Swim All 5 Lanes 7:30-9:00				
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						

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