



# Aquatics Schedule

# Main Pool

# April 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	<p style="text-align: center;"><b>Lap Swim</b> All 5 Lanes 5:00-7:00</p>					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM	<p style="writing-mode: vertical-rl; text-orientation: mixed;"><b>SUNDAY OPEN SWIM</b></p>						
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM	Aqua~Zumba w/Velvet 8:40-9:40						
8:45 AM							
9:00 AM		Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00			
9:15 AM							
9:30 AM							
9:45 AM							
10:00 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	
10:15 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			
6:15 PM							
6:30 PM			Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30		
6:45 PM							
7:00 PM	Closed	<p style="text-align: center;"><b>Lap Swim</b> All 5 Lanes 7:30-9:00</p>					
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