






Aquatics Schedule

Main Pool

Summer 2026

	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	S U N D A Y	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		O P E N	 HCPS SUMMER PLUS 12:15-3:45  *No Lap Lanes*				
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	S W I M	 FLAG CAMP 1:15-3:15 *No Lap Lanes*					
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45					
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45					
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45					
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45					
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45					
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