



Aquatics Schedule

Therapy Pool

July 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only Time in Therapy Pool 5:00am-1:00pm				
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						
7:45 AM						
8:00 AM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-1:00pm				
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
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	SUNDAY OPEN SWIM					Pool Deck Cleaning (Pool Open) 1:00pm-3:45pm FRIDAYS *loud washers in use*
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	SUNDAY OPEN SWIM					Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM			Aqua~Fit w/Dee 6:30-7:30		Aqua~Fit w/Dee 6:30-7:30	
6:45 PM						
7:00 PM	Closed					Pool Hours of Operations Sun 9am-5:45pm Mon-Thurs 5am-8:45pm Fri 5am-3:45pm Sat CLOSED
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						

Please Note:
THERAPY POOL RULES

This pool is for therapy, general exercise and LPC guided swim lessons.

Only children 7 years and younger allowed & they must be accompanied by an adult in the water at all times.

Adult Only Time
5am-1pm

Mon-Fri
Adult Time
Reserved for participants ages 18 and older.

Aqua-Fit
Works on core strengthening, balance and endurance. Great for all ages!

Aqua-Tabata-Strength
Interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.