



Aquatics Schedule

Therapy Pool

2026 August

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					
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					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					Closed	
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	Closed					
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						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						

2026

August

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.

Pool Hours of Operations

Sun 9am-5:45pm

Mon-Thurs 5am-8:45pm

Fri 5am-3:45pm

Sat CLOSED

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