



AQUATICS SCHEDULE

Main Pool

2026 SEPT

	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							
7:00 AM	SUNDAY OPEN SWIM						
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM			Synapse Surf w/Rita 9:00-10:00		Synapse Surf w/Rita 9:00-10:00		
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM		Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00		
10:15 AM							
10:30 AM							
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6:00 PM	Closed	RUGBY SWIM CLUB 6:00-7:15		RUGBY SWIM CLUB 6:00-7:15		Closed	
6:15 PM							
6:30 PM							
6:45 PM							
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8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							

First Class
SEPT.
11th!

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

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.

Cardio Water Class
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

Synapse Surf
Fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

Lap Swim
Continuous paced swimming using designated swim strokes.
Please see the Lap Swim Etiquette handout for how to share lanes.
Thank you for sharing!

Pool Deck Cleaning
(Pool Open)
1:00pm-3:45pm
FRIDAYS
loud washers in use

WELCOME RUGBY!
Swim Practice Begins Monday, SEPT. 14

Mondays & Wednesdays
6:00pm-7:15pm

3 Lap Lanes in use
Open Swim Area Available

Pool Hours of Operations
Sun 9am-5:45pm
Mon-Thurs 5am-8:45pm
Fri 5am-3:45pm
Sat CLOSED