

AQUATICS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule Sept 1-December 31, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking			5:00am
6:00am								6:00am
7:00am	5-8	5-10:00	5-8	5-10:00	5-8			7:00am
8:00am	Water Fitness Wave Makers 8-9	Water Fitness Inspire 8-9	Water Fitness Wave Makers 8-9	Water Fitness Inspire 8-9	Water Fitness Wave Makers 8-9			8:00am
9:00am	Water Fitness HIIT 9-10		Water Fitness HIIT 9-10		Water Fitness HIIT 9-10	Lap Swim/ Walking		9:00am
9:30am								9:30am
10:00am	Water Fitness Wave Makers 10-11	Water Resistance 10:00-11:00	Water Fitness Wave Makers 10-11	Water Resistance 10:00-11:00	Water Fitness Wave Makers 10-11			10:00am
10:30am								10:30am
11:00am	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	7:00am- 1:00pm	Lap Swim/ Walking 11:00am- 1:00pm	11:00am
12:00pm	Lap Swim/ Walking		Lap Swim/ Walking		Lap Swim/ Walking	Open Swim	Open Swim	12:00pm
1:00pm	Water Fitness 1-2	Lap Swim/ Walking 12-4:00pm	Water Fitness 1-2	Lap Swim/ Walking 12-4:00pm	Water Fitness 1-2			1:00pm
1:30pm								2:00pm
2:00pm	Lap Swim/ Walking 2:00-4:00pm		Lap Swim/ Walking 2:00-4:00pm		Lap Swim/ Walking 2:00-4:00pm			2:30pm
2:30pm						Lap (1-3)	Lap (1-3)	3:30pm
3:30pm						GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		4:00pm
4:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Lap Swim/ Walking Lessons- 2 Lanes			5:30pm
5:30pm	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00				6:00pm
6:00pm	Open Swim 6:00-8:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-8:30	Inspire 6:00-7:00pm	Open Swim 6:00-7:30			7:00pm
7:00pm		Lap Swim 7-8:30		Lap Swim 7-8:30				7:30pm
7:30pm								8:30pm
8:30pm								

- There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Class Descriptions are on previous page.
- Water in unbreakable container is only beverage allowed on pool decks. NO GLASS