

AQUATICS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule

June 15 - August 30, 2026

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

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