

AQUATICS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule January 1—June 14, 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	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			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					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	Open Swim 1-3:30 Lap (1)	Open Swim 1-3:00 Lap (1)	1:00pm		
1:30pm										
2:00pm	Lap Swim/ Walking 2:00-4:00pm		Lap Swim/ Walking 2:00-4:00pm		Lap Swim/ Walking 2:00-4:00pm			2:00pm		
2:30pm								2:30pm		
3:30pm					Lap Swim/ Walking/ Private Lessons-2 lanes	GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.	GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.	3:30pm		
4:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4:00-6:00pm				4:00pm		
5:30pm	Lap Swim Only 2 Lanes	Lap Swim Only 2 Lanes	Lap Swim Only 2 Lanes	Lap Swim Only 2 Lanes				5:30pm		
6:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30	Inspire 6:00-7:00pm	Open Swim 6:00-7:30			6:00pm		
7:00pm		Lap Swim 7-7:30		Lap Swim 7-7:30				7:00pm		
7:30pm								7:30pm		
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