

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			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		Water Fitness HIIT		Water Fitness HIIT			9:00am
9:30am	9-10		9-10		9-10			9:30am
10:00am	Water Fitness Wave Makers	Water Resistance	Water Fitness Wave Makers	Water Resistance	Water Fitness Wave Makers			10:00am
10:30am	10-11	10:00-11:00	10-11	10:00-11:00	10-11			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		Water Fitness		Water Fitness	Open Swim	Open Swim	1:00pm
1:30pm	1-2		1-2		1-2			
2:00pm	Lap Swim/ Walking	12-4:00pm	Lap Swim/ Walking	12-4:00pm	Lap Swim/ Walking	1-3:30	1-3:00	2:00pm
2:30pm	2:00-4:00pm		2:00-4:00pm		2:00-4:00pm	Lap (1)	Lap (1)	2:30pm
3:30pm								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	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	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								

**GROUPS ARE
NOT ALLOWED
DURING OPEN
SWIMS.**

- 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