

# AQUATICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Pool Schedule January 2–June 15, 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	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 Wave Makers 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	Stretch & Strength 12-1	Lap Swim/ Walking	Stretch & Strength 12-1	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	Open Swim	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	Lap Swim/ Walking 2:00-4:00pm			1-3:30 Lap (1-3)	1-3:00 Lap (1-3)	2:00pm
2:30pm								2:30pm		
3:30pm								3:30pm		
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	GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.		4:00pm		
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						5:30pm
6:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30					6:00pm
7:00pm	Open Swim	Lap Swim 7-8:30	Open Swim	Lap Swim 7-8:30	Open Swim					7:00pm
7:30pm	Lap Swim 7:30-8:30		Lap Swim 7:30-8:30							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