



Pool Schedule

In Effect Mar. 29 to Jun. 2

Leisure Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6 - 7 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 10:30 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 8:30 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 11 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 8:30 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 11 a.m. (1 Lane)	Leisure Swim & Lengths Swim 6 - 7 a.m. (1 Lane)
Leisure Swim & Swimming Lessons 7 a.m. - 7 p.m.	Leisure Swim & Gentle Aqua Fit 10:30 - 11:30 a.m.	Leisure Swim & Low Impact AquaFit 8:30 - 9:30 a.m.	Leisure Swim & Gentle Aqua Fit 11 a.m. - 12 p.m.	Leisure Swim & Low Impact & Adapted Aqua Movement* 8:30 - 10:30 a.m.	Leisure Swim & Lengths Swim 11 a.m. - 12 p.m. (1 Lane)	Leisure Swim & Swimming Lessons 7 - 8 p.m.
Leisure Swim & Family Swim 7 - 9 p.m.	Leisure Swim & Lengths Swim 11:30 a.m. - 3:30 p.m. (1 Lane) Leisure Swim & Swimming Lessons 3:30 - 10 p.m.	Leisure Swim & Lengths Swim 9:30 a.m. - 3:30 p.m. (1 Lane) Leisure Swim & Swimming Less 3:30 - 10 p.m.	Leisure Swim & Lengths Swim 12 - 3:30 p.m. (1 Lane) Leisure Swim & Swimming Lessons 3:30 - 10 p.m.	Leisure Swim & Lengths Swim 10:30 a.m. - 3:30 p.m. (1 Lane) Leisure Swim & Swimming Lessons 3:30 - 10 p.m.	Leisure Swim & Lengths Swim 12 - 3:30 p.m. (1 Lane) Leisure Swim & Swimming Lessons 3:30 - 10 p.m.	Leisure Swim 8 - 10 p.m.

Aqua Fitness

	Shallow Aqua Fit 9:30 - 10:30 a.m. Lap Pool	Low Impact Aqua Fit 8:30 - 9:30 a.m. Leisure Pool	Shallow Aqua Fit & Deep Aqua Fit 9:30 - 10:30 a.m. Lap Pool	Low Impact Aqua Fit 8:30 - 9:30 a.m. Leisure Pool	Shallow Aqua Fit 9:30 - 10:30 a.m. Lap Pool	
	Gentle Aqua Fit 10:30 - 11:30 a.m. Leisure Pool	Shallow Aqua Fit 11 a.m. - 12 p.m. Lap Pool	Gentle Aqua Fit 11 a.m. - 12 p.m. Leisure Pool	Adapted Aqua Movement * 9:45 - 10:30 a.m. Leisure Pool		
		Deep Aqua Fit 8:30 - 9:30 p.m. Lap Pool		Shallow Aqua Fit 11 a.m. - 12 p.m. Lap Pool		
				Deep Aqua Fit 8 - 9 p.m. Lap Pool		

Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.



Pool Schedule

In Effect Mar. 29 to Jun. 2

Main Pool - 25m

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6 - 6:30 a.m. (4 Lanes)	Length Swim 6 - 8 a.m. (4 Lanes)	Length Swim 6 - 8 a.m. (2 Lanes)	Length Swim 6 - 8 a.m. (4 Lanes)	Length Swim 6 - 8 a.m. (2 Lanes)	Length Swim 6 - 8 a.m. (4 Lanes)	Length Swim 6 - 6:30 a.m. (4 Lanes)
Length Swim 6:30 - 9:30 a.m. (2 Lanes)	Length Swim 8 - 9:30 a.m. (2 Lanes)	Length Swim 8 - 11 a.m. (4 Lanes)	Length Swim 8 - 9:30 a.m. (4 Lanes)	Length Swim 8 - 11 a.m. (4 Lanes)	Length Swim 8 - 9:30 a.m. (4 Lanes)	Length Swim 6:30 - 10 a.m. (2 Lanes)
Length Swim 9:30 a.m. - 1 p.m. (1 Lane)	No Lanes 9:30 - 10:30 a.m.	No Lanes 11 a.m. - 12 p.m.	No Lanes 9:30 - 10:30 a.m.	No Lanes 11 a.m. - 12 p.m.	No Lanes 9:30 - 10:30 a.m.	Length Swim 10 a.m. - 1 p.m. (1 Lane)
Length & Leisure 1 - 4:30 p.m. (1 Lane)	Length Swim 10:30 a.m. - 5 p.m. (2 Lanes)	Length Swim 12 - 8:30 p.m. (2 Lanes)	Length Swim 10:30 a.m. - 5 p.m. (2 Lanes)	Length Swim 12 - 8 p.m. (2 Lanes)	Length Swim 10:30 a.m. - 5 p.m. (2 Lanes)	Length & Leisure 1 - 4:30 p.m. (1 Lane)
High Diving Board Open 1 - 4:30 p.m.	No Lanes 5 - 6:30 p.m.	No Lanes 8:30 - 9:30 p.m.	Length Swim 5 - 6:30 p.m. (1 Lane)	No Lanes 8 - 9 p.m.	Length Swim 5 - 6:30 p.m. (1 Lane)	High Diving Board Open 1 - 4:30 p.m.
No Lanes 4:30 - 6:30 p.m.	Length & Leisure 6:30 - 10 p.m. (2 Lanes)	Length & Leisure 9:30 - 10 p.m. (2 Lanes)	Length & Leisure 6:30 - 10 p.m. (2 Lanes)	Length & Leisure 9 - 10 p.m. (2 Lanes)	Length & Leisure 6:30 - 10 p.m. (2 Lanes)	No Lanes 4:30 - 6:30 p.m.
Length Swim 6:30 - 10 p.m. (2 Lanes)	High Diving Board Open 9 - 10 p.m.	High Diving Board Open 9:30 - 10 p.m.		High Diving Board Open 9 - 10 p.m.		Length Swim 6:30 - 10 p.m. (2 Lanes)

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Special Information

Little Dippers
Adult & Tot Swim
10:15 - 11:15 a.m.
Tue/Thur \$1.00/person

Family Swims
Sundays 7 - 9 p.m.
Family Rate
\$3.29/person

Facility Hours:
6 a.m. - 10 p.m.

Holiday Hours:
8 a.m. - 8 p.m.

STAT Holidays:
April 19, 21
May 19

Before or After Swim Practice

If you are currently enrolled in swim lessons, you can swim 30 minutes before or after lessons for half price and practice your skills!

Sensory Swim
Friday, April 18
Monday, April 21
Monday, May 19
8 - 9 a.m.

Scan for the most up-to-date schedule



Updated
03/18/2025