



## Pool Schedule

In Effect Mar. 29 to Jun. 2

### Leisure Pool

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

### Aqua Fitness

	<b>Shallow Aqua Fit</b> 9:30 - 10:30 a.m. Lap Pool  <b>Gentle Aqua Fit</b> 10:30 - 11:30 a.m. Leisure Pool	<b>Low Impact Aqua Fit</b> 8:30 - 9:30 a.m. Leisure Pool  <b>Shallow Aqua Fit</b> 11 a.m. - 12 p.m. Lap Pool  <b>Deep Aqua Fit</b> 8:30 - 9:30 p.m. Lap Pool	<b>Shallow Aqua Fit &amp; Deep Aqua Fit</b> 9:30 - 10:30 a.m. Lap Pool  <b>Gentle Aqua Fit</b> 11 a.m. - 12 p.m. Leisure Pool	<b>Low Impact Aqua Fit</b> 8:30 - 9:30 a.m. Leisure Pool  <b>Adapted Aqua Movement *</b> 9:45 - 10:30 a.m. Leisure Pool  <b>Shallow Aqua Fit</b> 11 a.m. - 12 p.m. Lap Pool  <b>Deep Aqua Fit</b> 8 - 9 p.m. Lap Pool	<b>Shallow Aqua Fit</b> 9:30 - 10:30 a.m. Lap Pool	
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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
<b>Length Swim</b> 6 - 6:30 a.m. (4 Lanes)	<b>Length Swim</b> 6 - 8 a.m. (4 Lanes)	<b>Length Swim</b> 6 - 8 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 8 a.m. (4 Lanes)	<b>Length Swim</b> 6 - 8 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 8 a.m. (4 Lanes)	<b>Length Swim</b> 6 - 6:30 a.m. (4 Lanes)
<b>Length Swim</b> 6:30 - 9:30 a.m. (2 Lanes)	<b>Length Swim</b> 8 - 9:30 a.m. (2 Lanes)	<b>Length Swim</b> 8 - 11 a.m. (4 Lanes)	<b>Length Swim</b> 8 - 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 8 - 11 a.m. (4 Lanes)	<b>Length Swim</b> 8 - 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 6:30 - 10 a.m. (2 Lanes)
<b>Length Swim</b> 9:30 a.m. - 1 p.m. (1 Lane)	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 a.m. - 12 p.m.	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 a.m. - 12 p.m.	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>Length Swim</b> 10 a.m. - 1 p.m. (1 Lane)
<b>Length &amp; Leisure</b> 1 - 4:30 p.m. (1 Lane)	<b>Length Swim</b> 10:30 a.m. - 5 p.m. (2 Lanes)	<b>Length Swim</b> 12 - 8:30 p.m. (2 Lanes)	<b>Length Swim</b> 10:30 a.m. - 5 p.m. (2 Lanes)	<b>Length Swim</b> 12 - 8 p.m. (2 Lanes)	<b>Length Swim</b> 10:30 a.m. - 5 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 1 - 4:30 p.m. (1 Lane)
<b>High Diving Board Open</b> 1 - 4:30 p.m.	<b>No Lanes</b> 5 - 6:30 p.m.	<b>No Lanes</b> 8:30 - 9:30 p.m.	<b>Length Swim</b> 5 - 6:30 p.m. (1 Lane)	<b>No Lanes</b> 8 - 9 p.m.	<b>Length Swim</b> 5 - 6:30 p.m. (1 Lane)	<b>High Diving Board Open</b> 1 - 4:30 p.m.
<b>No Lanes</b> 4:30 - 6:30 p.m.	<b>Length &amp; Leisure</b> 6:30 - 10 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 9:30 - 10 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 6:30 - 10 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 9 - 10 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 6:30 - 10 p.m. (2 Lanes)	<b>No Lanes</b> 4:30 - 6:30 p.m.
<b>Length Swim</b> 6:30 - 10 p.m. (2 Lanes)	<b>High Diving Board Open</b> 9 - 10 p.m.	<b>High Diving Board Open</b> 9:30 - 10 p.m.		<b>High Diving Board Open</b> 9 - 10 p.m.		<b>Length Swim</b> 6:30 - 10 p.m. (2 Lanes)

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## Special Information

<b>Little Dippers</b> Adult & Tot Swim 10:15 - 11:15 a.m. Tue/Thur \$1.00/person  <b>Family Swims</b> Sundays 7 - 9 p.m. Family Rate \$3.29/person	<b>Facility Hours:</b> 6 a.m. - 10 p.m.  <b>Holiday Hours:</b> 8 a.m. - 8 p.m.  <b>STAT Holidays:</b> April 18, 21 May 19	<b>Before or After Swim Practice</b> If you are currently enrolled in swim lessons, you can swim 30 minutes before or after lessons for half price and practice your skills!	<b>Sensory Swim</b> Friday, April 18 Monday, April 21 Monday, May 19 8 - 9 a.m.	<b>Scan for the most up-to-date schedule</b>    Updated 03/18/2025
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