

Aquatics Schedule Updated March 7th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Full Lane 6:00-12:15pm	Full Lane 6:00-9:30am	Full Lane 6:00-9:45am	Full Lane 6:00-9:15am	Full Lane 6:00-12:00pm	Full Lane 7:00-9:00am	Full Lane 7:00-9:00am
	Partial Lane 9:30-10:45am	Partial Lane 10:15-11am	Partial Lane 9:15-10am		Partial Lane Swim Lessons 9:00-12:30pm	
	Aqua Dance 9:30-10:15am	Aquafit 10:15-11am	Aquafit 9:00-9:45am		Open Swim 10:00-12:30pm	
Swim Lessons 10:45-12:15pm	Full Lane 10:15am-1:00pm	Full Lane 11am-1pm	Full Lane 10:00-1:00pm	Aquafit 12-12:45pm		Open Swim 10:00-12:45pm
Afternoon						
Full Lane 12:15-4:30pm	Partial Lane 1:00-2:00pm	Full Lane 1pm-4:30pm	Full Lane 1:00-4:00pm	Partial Lane 12:00-12:45pm	Full Lane 12:30-7:00pm	Full Lane 12:45-7:00pm
Aquafit 2:00-2:45pm	Swim Lessons 1:00-1:30pm					
	Aquafit 2:15-3:00pm					
	Full Lane 3pm-4:30pm			Full Lane 12:45pm-4pm		
Evening						
Partial Lane Swim Lessons 4:30-7:30pm	Partial Lane Swim Lessons 5pm-7:30pm	Full Lane 4:30-9pm	Partial Lane Swim Lessons 4:00-7:30pm	Open Swim Partial Lane 4:00-7:30pm	Full Lane 12:30-7:00pm	Full Lane 12:45-7:00pm
Full Lane 7:30pm-9:00pm	Full Lane 7:30pm-9:00pm		Full Lane 7:30pm-9:00pm	Full Lane 7:30pm-9:00pm		

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Full Lane Swim	During these times, the pool is configured for lane swim only.				
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim only. Additional activities may occur in other areas of the pool.				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				