

Indoor Pool Schedule

Activity/Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	1:00 pm – 4:30 pm	5:30 am- 8:30 pm	5:30 am- 8:30 pm	5:30 am- 8:30 pm	5:30 am- 8:30 pm	5:30 am- 8:30 pm	7:00 am- 5:30 pm
Open Swim	1:00 pm- 4:30 pm	7:00 pm – 8:00 pm	6:00 pm – 8:30 pm	6:00 pm – 8:30 pm	6:00 pm – 8:30 pm	6:00 pm – 8:30 pm	1:00 pm- 5:30 pm
Aqua Motion		9:30 am – 10:30 am		9:30 am – 10:30 am		9:30 am -10:30 am	
H.I.I.T Aqua Class				8:30 am- 9:15 am		8:30 am- 9:15 am	
Aqua Fit Class		6:00 pm- 6:45 pm					9:30 am- 10:15 am
Aqua Core and Condition Class		6:00 am- 6:45 am		6:00 am- 6:45 am		6:00 am- 6:45 am	
Aqua Arthritis Class		10:30 am- 11:15 am		10:30 am- 11:15 am		10:30 am- 11:15 am	
Parent & Child Swim (Youth under the age of 15)		12:00 pm- 5:00pm	12:00 pm- 5:00pm	12:00 pm- 5:00pm	12:00 pm- 5:00pm	12:00 pm- 5:00pm	

- The indoor pool schedule may be subject to change at any time.
- Lane 6 can be utilized for individual's aquatic workouts, if no class or open swim is scheduled.
- The schedule is updated as of **September 25, 2024**.