

# Pool Schedule

Summer Session: June 29 – August 9, 2026  
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-9pm  
 Saturday & Sunday 7am-3pm  
 Closed on Jul 1<sup>st</sup>, Aug 5<sup>th</sup>, Sep 2<sup>nd</sup>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lane Swim 6-8:50am (3 Lanes)	Titans 6-7:45am (3 Lanes)	Lane Swim 6-7:45am (5 Lanes)		Lane Swim 6-8:50am (6 Lanes)		Lane Swim 6-7:45am (5 Lanes)		Lane Swim 6-8:50am (3 Lanes)	Titans 6-7:45am (3 Lanes)	Lane Swim 7:30-10:30am (3 Lanes)	Titans 7:30-9:30am (3 Lane)	Lane Swim 7:30-10:30am (6 Lanes)	
		Lane Swim 7:45-8:50am (Min 3 Lanes)	Aqua Running 8-8:45am			Lane Swim 7:45-8:50am (Min 3 Lanes)	Aqua Running 8-8:45am						
Aquafit 9-9:45pm		Aquafit 9-9:45pm		Aquafit 9-9:45pm		Aquafit 9-9:45pm		Aquafit 9-9:45pm		Lane Swim 10:30-12:00 (5 Lanes)	Family Swim 10:30-12:00	Lane Swim 10:30-12:00 (5 Lanes)	Family Swim 10:30-12:00
Swim Lessons 9am-12pm		Swim Lessons 9am-12pm		Swim Lessons 9am-12pm		Swim Lessons 9am-12pm		Swim Lessons 9am-12pm					
Lane Swim 12-1pm (5 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 12-1pm (5 Lanes)		Lane Swim 12-1pm (5 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 12-1pm (5 Lanes)		Lane Swim 12-1pm (5 Lanes)	Hydrotherapy 12:15-1pm	Birthday Party 12-1	Youth Newcomer 12-1	Birthday Party 12:00-1:00pm	
Camp Swim 1-2pm		Camp Swim 1-2pm		Camp Swim 1-2pm		Camp Swim 1-2pm		Camp Swim 1-2pm		Open Swim 1-2:45pm		Open Swim 1-2:45pm	
Open Swim 2-3:30pm		Open Swim 2-3:30pm		Open Swim 2-3:30pm		Open Swim 2-3:30pm		Open Swim 2-3:30pm					
Lane Swim 3:30-5:30pm (3 Lanes)	Titans 3:30-5:30pm (3 Lanes)	Swim Lessons 4-7pm		Lane Swim 3:30-5:30pm (5 Lanes)		Swim Lessons 4-7pm		Lane Swim 3:30-5:30pm (3 Lanes)	Titans 3:30-5:30pm (3 Lanes)				
Open Swim 5:30-7:30pm		Lane Swim 7:30-8:45pm (Min 2 Lanes)	Open Swim 7:30-8:30pm	Open Swim 5:30-7:30pm		Lane Swim 7:30-8:45pm (Min 2 Lanes)	Open Swim 7:30-8:30pm	Open Swim 5:30-7:30pm					
Lane Swim 7:30-8:45pm (5 Lanes)				Lane Swim 7:30-8:45pm (5 Lanes)				Lane Swim 7:30-8:45pm (5 Lanes)					
<u>Therapy Pool</u> 6-12pm 2-8:45pm		<u>Therapy Pool</u> 6-1pm 2-4pm 7-8:45pm		<u>Therapy Pool</u> 6-12pm 2:15-8:45pm		<u>Therapy Pool</u> 6-1pm 2:15-4pm 7-8:45pm		<u>Therapy Pool</u> 6-12pm 2-8:45pm		<u>Therapy Pool</u> 7:30-12pm 1-2:45pm		<u>Therapy Pool</u> 7:30-12pm 1-2:45pm	

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**Lane Swim:** Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 25m Lap Pool. We ask participants to circle swim when necessary.

**Open Swim:** Relax and play with your family and friends in all four of our pools.

**Family Swim:** Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

**Aquafit:** A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

**Aqua Running:** A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those who cannot sustain impact on their joints.

**Hydrotherapy:** This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

## **CHILDMINDING HOURS:**

Drop the kids off and enjoy some YOU time!  
Ages 3 months to 5 years

Monday to Friday 9:30am-11:30pm  
Tuesday, Wednesday, Thursday 4:30-7:30pm