

POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 6/29/2025-7/5/2025

MONDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

11:00AM-2:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

2:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

TUESDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(POOL CLOSED)

11:00AM-2:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

2:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

WEDNESDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

10:00AM-11:00AM
OPEN SWIM
(2 LANES LAP SWIM)

11:00AM-2:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

2:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

THURSDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

10:00AM-11:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

11:00AM-2:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

2:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

FRIDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
OPEN SWIM
(2 LANES LAP SWIM)

11:00PM-2:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

2:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

SATURDAY

6:00AM-7:45AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:45AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
SWIM LESSONS \$
(POOL CLOSED)

11:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

SUNDAY

6:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

LEGEND

LOW Low Intensity
MOD Moderate Intensity
HIGH High Intensity
\$ Registration Required



*All supplemental pool activities subject to change
based on pool space

POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/6/2025-7/12/2025

MONDAY

5:00AM-6:15AM

LAP SWIM

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

DEEP WATER FIT

Mod/High

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

OPEN SWIM

(2 LANES LAP SWIM)

8:00AM-9:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

10:00AM-11:00AM

YOUNG AT HEART

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

11:00AM-1:00PM

LAP SWIM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

SWIM LESSONS \$

(1 LANE LAP SWIM)

2:00PM-3:15PM

DAY CAMP/LESSONS \$

(POOL CLOSED)

3:15PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

TUESDAY

5:00AM-7:00AM

LAP SWIM

(2 LANES OPEN EXERCISE)

7:00AM-8:00AM

OPEN SWIM

(2 LANES LAP SWIM)

8:00AM-9:00AM

AQUA FIT

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

DEEP WATER FIT

Mod/High

(POOL CLOSED)

10:00AM-11:00AM

YOUNG AT HEART

Low/Mod

(POOL CLOSED)

11:00AM-1:00PM

LAP SWIM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

SWIM LESSONS \$

(1 LANE LAP SWIM)

2:00PM-3:15PM

DAY CAMP/LESSONS \$

(POOL CLOSED)

3:15PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

WEDNESDAY

5:00AM-6:15AM

LAP SWIM

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

DEEP WATER FIT

Mod/High

(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

7:00AM-8:00AM

OPEN SWIM

(2 LANES LAP SWIM)

8:00AM-9:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

9:00AM-10:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY DEPENDING
ON CLASS SIZE)

10:00AM-11:00AM

KINDER CAMP \$

(DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM

LAP SWIM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

SWIM LESSONS \$

(1 LANE LAP SWIM)

2:00PM-3:15PM

DAY CAMP/LESSONS \$

(POOL CLOSED)

3:15PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

THURSDAY

5:00AM-7:00AM

LAP SWIM

(2 LANES OPEN EXERCISE)

7:00AM-8:00AM

OPEN SWIM

(2 LANES LAP SWIM)

8:00AM-9:00AM

AQUA FIT

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

DEEP WATER FIT

Mod/High

(POOL CLOSED)

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

Low/Mod

(POOL CLOSED)

10:00AM-11:00AM

SILVER SNEAKERS

SILVER SPLASH®

Low/Mod

(POOL CLOSED)

11:00AM-1:00PM

LAP SWIM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

SWIM LESSONS \$

(1 LANE LAP SWIM)

2:00PM-3:15PM

DAY CAMP/LESSONS \$

(POOL CLOSED)

3:15PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

FRIDAY

5:00AM-6:15AM

LAP SWIM

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

DEEP WATER FIT

Mod/High

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

OPEN SWIM

(2 LANES LAP SWIM)

8:00AM-9:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

OPEN SWIM

(2 LANES LAP SWIM)

11:00PM-1:00PM

LAP SWIM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

SWIM LESSONS \$

(1 LANE LAP SWIM)

2:00PM-3:15PM

DAY CAMP/LESSONS \$

(POOL CLOSED)

3:15PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

SATURDAY

6:00AM-7:45AM

LAP SWIM

(2 LANES OPEN EXERCISE)

7:45AM-9:00AM

AQUA FIT

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

SWIM LESSONS \$

(POOL CLOSED)

11:00AM-5:00PM

OPEN SWIM

(2 LANES LAP SWIM)

5:00PM-9:00PM

POOL CLOSED

SUNDAY

6:00AM-5:00PM

OPEN SWIM

(2 LANES LAP SWIM)

5:00PM-9:00PM

POOL CLOSED

LEGEND

LOW Low Intensity

MOD Moderate Intensity

HIGH High Intensity

\$ Registration Required

* All pool activities subject to
change based on pool space



POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/13/2025-7/19/2025

MONDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:30PM
SWIM LESSONS \$
(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

TUESDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:30PM
SWIM LESSONS \$
(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

WEDNESDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

10:00AM-11:00AM
KINDER CAMP \$
(DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:30PM
SWIM LESSONS \$
(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

THURSDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

10:00AM-11:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:30PM
SWIM LESSONS \$
(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

FRIDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
OPEN SWIM
(2 LANES LAP SWIM)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:30PM
SWIM LESSONS \$
(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

SATURDAY

6:00AM-7:45AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:45AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
SWIM LESSONS \$
(POOL CLOSED)

11:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

SUNDAY

6:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

LEGEND

LOW Low Intensity
MOD Moderate Intensity
HIGH High Intensity
\$ Registration Required

* All pool activities subject to change based on pool space



POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/20/2025-7/26/2025

MONDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
SWIM LESSONS \$
(1 LANE LAP SWIM)

2:00PM-3:15PM
DAY CAMP/LESSONS \$
(POOL CLOSED)

3:15PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

TUESDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
SWIM LESSONS \$
(1 LANE LAP SWIM)

2:00PM-3:15PM
DAY CAMP/LESSONS \$
(POOL CLOSED)

3:15PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

WEDNESDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

10:00AM-11:00AM
KINDER CAMP \$
(DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
SWIM LESSONS \$
(1 LANE LAP SWIM)

2:00PM-3:15PM
DAY CAMP/LESSONS \$
(POOL CLOSED)

3:15PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

THURSDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

10:00AM-11:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
SWIM LESSONS \$
(1 LANE LAP SWIM)

2:00PM-3:15PM
DAY CAMP/LESSONS \$
(POOL CLOSED)

3:15PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

FRIDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
OPEN SWIM
(2 LANES LAP SWIM)

11:00PM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
SWIM LESSONS \$
(1 LANE LAP SWIM)

2:00PM-3:15PM
DAY CAMP/LESSONS \$
(POOL CLOSED)

3:15PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

SATURDAY

6:00AM-7:45AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:45AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM
SWIM LESSONS \$
(POOL CLOSED)

11:00AM-12:00PM
OPEN SWIM
(2 LANES LAP SWIM)

12:00PM-2:00PM
PRAIRIE GRIT SWIM \$
(POOL CLOSED)

2:00PM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

SUNDAY

6:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

LEGEND

LOW Low Intensity
MOD Moderate Intensity
HIGH High Intensity
\$ Registration Required

* All pool activities subject to
change based on pool space



POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/27/2025-8/2/2025

MONDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
OPEN SWIM
(2 LANES LAP SWIM)

2:00PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-4:00PM
PGAS SWIM LESSONS \$
(POOL CLOSED)

4:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

TUESDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

10:00AM-11:00AM
YOUNG AT HEART
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
OPEN SWIM
(2 LANES LAP SWIM)

2:00PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-4:00PM
PGAS SWIM LESSONS \$
(POOL CLOSED)

4:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

WEDNESDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

9:00AM-10:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

10:00AM-11:00AM
KINDER CAMP \$
(DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
OPEN SWIM
(2 LANES LAP SWIM)

2:00PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-4:00PM
PGAS SWIM LESSONS \$
(POOL CLOSED)

4:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

THURSDAY

5:00AM-7:00AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(POOL CLOSED)

9:00AM-10:00AM
DEEP WATER FIT
Mod/High
(POOL CLOSED)

9:00AM-10:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

10:00AM-11:00AM
**SILVER SNEAKERS
SILVER SPLASH®**
Low/Mod
(POOL CLOSED)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
OPEN SWIM
(2 LANES LAP SWIM)

2:00PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-4:00PM
PGAS SWIM LESSONS \$
(POOL CLOSED)

4:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

FRIDAY

5:00AM-6:15AM
LAP SWIM
(2 LANES OPEN EXERCISE)

6:15AM-7:00AM
DEEP WATER FIT
Mod/High
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

7:00AM-8:00AM
OPEN SWIM
(2 LANES LAP SWIM)

8:00AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

9:00AM-11:00AM
OPEN SWIM
(2 LANES LAP SWIM)

11:00AM-1:00PM
LAP SWIM
(2 LANES OPEN EXERCISE)

1:00PM-2:00PM
OPEN SWIM
(2 LANES LAP SWIM)

2:00PM-3:00PM
OPEN SWIM/ DAY CAMP \$

3:00PM-9:00PM
OPEN SWIM
(2 LANES LAP SWIM)

9:00PM-11:00PM
POOL CLOSED

SATURDAY

6:00AM-7:45AM
LAP SWIM
(2 LANES OPEN EXERCISE)

7:45AM-9:00AM
AQUA FIT
Low/Mod
(1 LANE LAP SWIM, AVAILABILITY DEPENDENT ON CLASS SIZE)

9:00AM-11:00AM
SWIM LESSONS \$
(POOL CLOSED)

11:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

SUNDAY

6:00AM-5:00PM
OPEN SWIM
(2 LANES LAP SWIM)

5:00PM-9:00PM
POOL CLOSED

LEGEND

LOW Low Intensity
MOD Moderate Intensity
HIGH High Intensity
\$ Registration Required

* All pool activities subject to change based on pool space

