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, AVAILABILTY 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, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM **AQUA FIT**

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

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

7:00AM-8:00AM

OPEN SWIM (2 LANES LAP SWIM)

8:00AM-9:00AM

AOUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AOUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY 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/Hiah (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 DEPENDING ON CLASS SIZE)

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

8:00AM-9:00AM

AOUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

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

11:00PM-2:00PM LAP SWIM

2:00PM-9:00PM **OPEN SWIM**

9:00PM-11:00PM

(1 LANE LAP SWIM, AVAILABILTY

POOL CLOSED

LEGEND

LOW Low Intensity

MOD Moderate Intensity

HIGH High Intensity

S Registration Required

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



SATURDAY

6:00AM-7:45AM

7:45AM-9:00AM

(2 LANES OPEN EXERCISE)

(1 LANE LAP SWIM, AVAILABILTY

DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

11:00AM-5:00PM

SWIM LESSONS S

LAP SWIM

AOUA FIT

(POOL CLOSED)

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

Low/Mod

(2 LANES OPEN EXERCISE)

(2 LANES LAP SWIM)

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, AVAILABILTY 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, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AQUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

10:00AM-11:00AM

YOUNG AT HEART Low/Mod (1 LANE LAP SWIM, AVAILABILTY 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, AVAILABILTY 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, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AQUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY 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, AVAILABILTY 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, AVAILABILTY 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, AVAILABILTY 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

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

THURSDAY

(2 LANES OPEN EXERCISE)

5:00AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AQUA FIT

(POOL CLOSED)

Mod/Hiah

Low/Mod

Low/Mod

(POOL CLOSED)

LAP SWIM

(POOL CLOSED)

(POOL CLOSED)

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

DEEP WATER FIT

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

10.00AM-11.00AM

SILVER SPLASH®

11:00AM-1:00PM

(2 LANES OPEN EXERCISE)

SWIM LESSONS \$

(1 LANE LAP SWIM UNTIL 2PM ONLY)

OPEN SWIM/ DAY CAMP 5

1:00PM-2:30PM

2:30PM-3:00PM

3:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9.00PM-11.00PM

POOL CLOSED

SILVER SNEAKERS

LAP SWIM

FRIDAY

LAP SWIM

Mod/Hiah

5:00AM-6:15AM

6:15AM-7:00AM

DEEP WATER FIT

(1 LANE LAP SWIM, AVAILABILTY

(1 LANE LAP SWIM, AVAILABILTY

DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

11:00AM-1:00PM

(2 LANES OPEN EXERCISE)

SWIM LESSONS S

(1 LANE LAP SWIM UNTIL 2PM ONLY)

OPEN SWIM/ DAY CAMP S

1:00PM-2:30PM

2:30PM-3:00PM

3:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

LEGEND

LOW Low Intensity

HIGH High Intensity \$ Registration Required

MOD Moderate Intensity

* All pool activities subject to change based on pool space

POOL CLOSED

OPEN SWIM

LAP SWIM

(2 LANES LAP SWIM)

DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

OPEN SWIM

AOUA FIT

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

(2 LANES OPEN EXERCISE)

SATURDAY

6:00AM-7:45AM

7:45AM-9:00AM

(2 LANES OPEN EXERCISE)

(1 LANE LAP SWIM, AVAILABILTY

DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

11:00AM-5:00PM

SWIM LESSONS S

LAP SWIM

AOUA FIT

(POOL CLOSED)

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

Low/Mod

MONDAY

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

6:15AM-7:00AM

DEEP WATER FIT Mod/High (1 LANE LAP SWIM, AVAILABILTY DE-

PENDING ON CLASS SIZE) 7:00AM-8:00AM **OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM **AOUA FIT**

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

9:00AM-10:00AM

AOUA FIT

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

10:00AM-11:00AM **YOUNG AT HEART**

Low/Mod

(1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

11:00AM-1:00PM LAP SWIM

(2 LANES OPEN EXERCISE)

3.00PM-9.00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

1:00PM-2:30PM

SWIM LESSONS 5

(1 LANE LAP SWIM UNTIL 2PM ONLY)

2:30PM-3:00PM

OPEN SWIM/ DAY CAMP \$

OPEN SWIM/ DAY CAMP \$

2:30PM-3:00PM

SWIM LESSONS \$ (1 LANE LAP SWIM UNTIL 2PM ONLY)

1:00PM-2:30PM

(2 LANES OPEN EXERCISE)

LAP SWIM

11:00AM-1:00PM

3:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

TUESDAY

5:00AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AQUA FIT

(POOL CLOSED)

Low/Mod

Low/Mod

(POOL CLOSED)

Mod/Hiah

Low/Mod

(POOL CLOSED)

(POOL CLOSED)

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

9:00AM-10:00AM

DEEP WATER FIT

10:00AM-11:00AM

YOUNG AT HEART

(2 LANES OPEN EXERCISE)

LAP SWIM

LAP SWIM

(1 LANE LAP SWIM UNTIL 2PM ONLY)

OPEN SWIM/ DAY CAMP 5

11:00AM-1:00PM

(2 LANES OPEN EXERCISE)

SWIM LESSONS S

1:00PM-2:30PM

2:30PM-3:00PM

3:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

(DEEP END OPEN & 2 LANES LAP SWIM)

WEDNESDAY

5:00AM-6:15AM

6:15AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AOUA FIT

ON CLASS SIZE)

AOUA FIT

ON CLASS SIZE)

Low/Mod

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

DEEP WATER FIT

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

(2 LANES OPEN EXERCISE)

LAP SWIM

Mod/High

ON CLASS SIZE)

KINDER CAMP 5

10:00AM-11:00AM

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

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, AVAILABILTY

DEPENDING ON CLASS SIZE) 7:00AM-8:00AM

OPEN SWIM (2 LANES LAP SWIM)

8:00AM-9:00AM **AOUA FIT**

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AOUA FIT

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

10:00AM-11:00AM YOUNG AT HEART

Low/Mod (1 LANE LAP SWIM, AVAILABILTY 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 **AOUA 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/Hiah (1 LANE LAP SWIM, AVAILABILTY 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, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

AQUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

10:00AM-11:00AM

KINDER CAMP 5 (DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM

LAP SWIM (2 LANES OPEN EXERCISE)

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

2:00PM-3:15PM DAY CAMP/LESSONS S (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 **AOUA FIT** Low/Mod (POOL CLOSED)

9:00AM-10:00AM DEEP WATER FIT Mod/Hiah (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 S (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/Hiah (1 LANE LAP SWIM, AVAILABILTY 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, AVAILABILTY 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

AOUA FIT Low/Mod (1 LANE LAP SWIM, AVAILABILTY DEPENDING ON CLASS SIZE)

9:00AM-11:00AM SWIM LESSONS S (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** Hiah Intensity S Registration Required * All pool activities subject to

change based on pool space

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

THURSDAY

(2 LANES OPEN EXERCISE)

5:00AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AOUA FIT

(POOL CLOSED)

Mod/High

Low/Mod

Low/Mod

(POOL CLOSED)

LAP SWIM

(POOL CLOSED)

(POOL CLOSED)

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

DEEP WATER FIT

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

10:00AM-11:00AM

SILVER SPLASH®

11:00AM-1:00PM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

OPEN SWIM

(2 LANES LAP SWIM)

2:00PM-3:00PM

3:00PM-4:00PM

4:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

(POOL CLOSED)

OPEN SWIM/ DAY CAMP \$

PGAS SWIM LESSONS 5

SILVER SNEAKERS

LAP SWIM

FRIDAY

LAP SWIM

Mod/Hiah

5:00AM-6:15AM

6:15AM-7:00AM

DEEP WATER FIT

(1 LANE LAP SWIM, AVAILABILTY

(1 LANE LAP SWIM, AVAILABILTY

DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

11:00AM-1:00PM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

OPEN SWIM

(2 LANES LAP SWIM)

2:00PM-3:00PM

3:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

OPEN SWIM/ DAY CAMP S

OPEN SWIM

LAP SWIM

(2 LANES LAP SWIM)

DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

OPEN SWIM

AQUA FIT

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

(2 LANES OPEN EXERCISE)

SATURDAY

6:00AM-7:45AM

7:45AM-9:00AM

(2 LANES OPEN EXERCISE)

(1 LANE LAP SWIM, AVAILABILTY

DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

11:00AM-5:00PM

SWIM LESSONS S

LAP SWIM

AOUA FIT

(POOL CLOSED)

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

HIGH High Intensity

S Registration Required

* All pool activities subject to

change based on pool space

MOD Moderate Intensity

Low/Mod

MONDAY

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

6:15AM-7:00AM

DEEP WATER FIT Mod/High (1 LANE LAP SWIM, AVAILABILTY DE-

PENDING ON CLASS SIZE) 7:00AM-8:00AM

OPEN SWIM (2 LANES LAP SWIM)

8:00AM-9:00AM **AOUA FIT**

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

9:00AM-10:00AM

AOUA FIT

Low/Mod (1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

10:00AM-11:00AM

YOUNG AT HEART Low/Mod (1 LANE LAP SWIM, AVAILABILTY DE-PENDING ON CLASS SIZE)

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

1:00PM-2:00PM

OPEN SWIM (2 LANES LAP SWIM)

4:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

2:00PM-3:00PM

OPEN SWIM/ DAY CAMP \$

3:00PM-4:00PM PGAS SWIM LESSONS \$

(POOL CLOSED)

(POOL CLOSED) 4:00PM-9:00PM

PGAS SWIM LESSONS \$

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

3:00PM-4:00PM

OPEN SWIM/ DAY CAMP \$

2:00PM-3:00PM

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

LAP SWIM

11:00AM-1:00PM

TUESDAY

5:00AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AQUA FIT

(POOL CLOSED)

Low/Mod

Low/Mod

(POOL CLOSED)

Mod/High

Low/Mod

(POOL CLOSED)

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

SILVER SNEAKERS

SILVER SPLASH®

9:00AM-10:00AM

DEEP WATER FIT

10:00AM-11:00AM

YOUNG AT HEART

(2 LANES OPEN EXERCISE)

LAP SWIM

(2 LANES OPEN EXERCISE)

(POOL CLOSED)

11:00AM-1:00PM

LAP SWIM

(DEEP END OPEN & 2 LANES LAP SWIM)

KINDER CAMP 5

WEDNESDAY

5:00AM-6:15AM

6:15AM-7:00AM

7:00AM-8:00AM

OPEN SWIM

AOUA FIT

ON CLASS SIZE)

AOUA FIT

ON CLASS SIZE)

Low/Mod

Low/Mod

(2 LANES LAP SWIM)

8:00AM-9:00AM

9:00AM-10:00AM

DEEP WATER FIT

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

(1 LANE LAP SWIM, AVAILABILTY DEPENDING

(2 LANES OPEN EXERCISE)

LAP SWIM

Mod/High

ON CLASS SIZE)

10.00AM-11.00AM

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

OPEN SWIM

(2 LANES LAP SWIM)

2:00PM-3:00PM

3:00PM-4:00PM

4:00PM-9:00PM

OPEN SWIM

(2 LANES LAP SWIM)

9:00PM-11:00PM

POOL CLOSED

(POOL CLOSED)

OPEN SWIM/ DAY CAMP \$

PGAS SWIM LESSONS \$