



POOL SCHEDULE

Effective April 14, 2025

MAIN POOL

Lap Swimming, 14+

The number of lap lanes available for lap swim will vary.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:45 AM– 3:30 PM 4:00–7:30 PM	7 AM–3:30 PM 5:30–8:30 PM	5:45 AM– 2:30 PM 4–5 PM	7 AM–3:30 PM 5:30–8:30 PM	5:45 AM– 3:30 PM 5:45–7 PM Jr. Lap 6–7 PM	10:30 AM– 3:30 PM Jr. Lap 2:30–3:30 PM	7:30 AM– 12:00 PM Jr. Lap 11 AM–12 PM

WARM WATER POOL

Adult Open Fitness, 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9–9:30 AM 10:15–11 AM 1–2:30 PM	9–9:45 AM 10:30–11 AM 11:45 AM– 3:30 PM 6:30–8:30 PM*	9–9:45 AM 10:30–11:30 AM 7:30–8:30 PM	9:00–9:55 AM 12:45–3:30 PM 6:50–8:30 PM*	8:00 AM– 2:30 PM	1:30–3:30 PM	1:05–3:30 PM

FAMILY/OPEN SWIM

30 people max, first come, first served.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00–8:30 PM WWP	4:00–4:55 PM WWP	6:15–7:00 PM MAIN POOL	12:30–1:30 PM MAIN POOL	Little Y's 9–9:45 AM WWP Big Y's 9:45–10:30 AM WWP Family/Open Swim 11 AM–12 PM MP

AQUA FITNESS CLASSES 16+

MON.	9:30–10:15 am	Tai-Yoga	Brenda	Warm Water Pool
MON.	10:00–10:45 am	Deeply Fit	Colleen	Main Pool
MON.	11:00–11:45 am	Aqua Combat Fusion	Colleen/Joyce	Main Pool
TUES.	9:00–9:45 am	Hydro Spin	Kathy N.	Main Pool
TUES.	10:00–10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	9:45–10:30 am	Oodles of Noodles	Brenda	Warm Water Pool
TUES.	11:00–11:45 am	BackHab	Ann Marie	Warm Water Pool
WED.	9:45–10:30 am	Colleen's Choice	Colleen	Warm Water Pool
WED.	10:00–10:45 am	Deep Splash	Joyce	Main Pool
WED.	7:20–8:30 pm	Aqua Volleyball	–	Warm Water Pool
THURS.	10:00–10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	10:15–11:00 am	Total Aqua Mobility	Kathy N.	Main Pool
THURS.	12:00–12:45 pm	AFA-Arthritis Class	Ann Marie	Warm Water Pool
FRI.	9:00–9:55 am	Aqua Volleyball	–	Warm Water Pool
FRI.	10:00–10:45 am	Joyce's Choice	Joyce	Main Pool

*Private Swim Lessons may be held simultaneously

SWIM TEAM

Sunday	MP	12:00–3:30 pm
Monday	MP	4:15–9:30 pm
Tuesday	MP	5:30–8:45 pm
Wednesday	MP	4:15–9:30 pm
Wednesday	WWP	5:00–5:45 pm
Thursday	MP	5:30–9:30 pm
Friday	MP	4:15–5:45 pm
Friday	MP	7:00–8:30 pm
Saturday	MP	7:00–9:00 am
Saturday	MP	1:30–2:30 pm

OTHER AQUATIC PROGRAMS

ASAP Adaptive Swimming Aquatic Program		
Wednesday	WWP	6:00–7:15 pm
Sundays	WWP	10:40–11:55 am

RSB Fight Back UH20

Thursday	WWP	11:00–11:45 am
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Warrior UH20

Wednesday	WWP	11:30 am–12:15 pm
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MASTERS SWIM

Mondays, Wednesdays & Fridays
Main Pool
5:45–6:45 am

SWIM LESSONS

Mondays	WWP	4:00–7:00 pm
Tuesdays	MP	4:00–5:30 pm
Tuesdays	WWP	4:00–6:50 pm
Thursdays	MP	4:00–5:30 pm
Thursdays	WWP	4:00–7:20 pm
Fridays	WWP	4:00–6:15 pm
Saturdays	WWP	7:30 am–12:30 pm
Saturdays	MP	9:00–11:00 am
Saturdays	MP	12:25–1:00 pm

EVERYTHING LISTED ON THIS PAGE IS A
PAID AQUATIC PROGRAM & REQUIRES
REGISTRATION (With the exception of Warrior
UH20–Free Program but requires registration)
You can sign up online or at the Welcome
Center.

Schedules are subject to change.

Updated 4/10/2025