



POOL SCHEDULE

Effective November 17, 2025

MAIN POOL & Steam Room

Lap Swimming, 14+

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:45 AM– 2:30 PM 4:00–7:30 PM	7 AM–2:30 PM 5:30–8:30 PM	5:45 AM– 2:30 PM 4–5 PM	7 AM–2:30 PM 5:30–8:30 PM	5:45 AM– 2:30 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 AM–1 PM 2:05–3:30 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 12:15–1:20 PM 2:30–3:30 PM 6–8:30 PM	9:00–9:55 AM 2:00–3:30 PM 6:50–8:30 PM*	9–10:15 AM 11:20 AM– 3:30 PM	1:35–3:30 PM	1:05–3:30 PM

FAMILY 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.	9:00–9:45 am	Aqua Combat Fusion	Joyce	Main Pool
MON.	9:30–10:15 am	Tai-Yoga	Brenda	Warm Water Pool
MON.	10:00–10:45 am	Deeply Fit	Colleen	Main Pool
TUES.	9:00–10:00 am	Hydro Spin	Kathy N.	Main Pool
TUES.	9:45–10:30 am	Oodles of Noodles	Brenda/Joyce	Warm Water Pool
TUES.	10:00–10:45 am	Aqua Tabata	Colleen	Main 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	Splash Fusion (Deep/Shallow)	Joyce	Main Pool
WED.	7:15–8:30 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.	9:00–10:00 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

Updated 11/4/25

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

MASTERS SWIM

Monday, Wednesday & Friday
Main Pool
5:45–6:45 am

SWIM LESSONS

Monday	WWP	4:00–7:00 pm
Tuesday	MP	4:00–5:30 pm
Tuesday	WWP	4:00–6:50 pm
Thursday	MP	4:00–5:30 pm
Thursday	WWP	4:00–7:20 pm
Friday	WWP	4:00–6:15 pm
Friday	MP	5:45–7:00 pm
Saturday	WWP	7:30 am–12:30 pm
Saturday	MP	9:00–11:30 am
Saturday	MP	12:25–1:00 pm

OTHER AQUATIC PROGRAMS

ASAP Adaptive Swimming Aquatic Program		
Friday	WWP	6:20–7:20 pm
Sunday	WWP	10:40–11:40 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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Rental Groups

Monday	1:00–2:00 pm	WWP
	2:30–4:00 pm	MP (Thru Feb)
Tuesday	1:00–2:00 pm	MP
	2:30–4:00 pm	MP (Thru Feb)
Wednesday	12:30–2:30 pm	WWP
	2:30–4:00 pm	MP (Thru Feb)
Thursday	1:00–2:00 pm	WWP
	2:30–4:00 pm	MP (Thru Feb)
Friday	10:15–11:15 am	WWP
	2:30–4:00 pm	MP (Thru Feb)

Birthday Parties

Saturday	Warm Water Pool	12:30–1:30 pm
Sunday	Water Water Pool	12:00–1:00 pm

Schedules are subject to change.

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.

Updated 11/4/2025