



POOL SCHEDULE

Effective February 2, 2026

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- 3:30 PM 4:00-7:30 PM	7 AM-3:30 PM 5:30-8:30 PM	5:45 AM- 3:30 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 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 7-8:30 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 6:00-7:00 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.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
TUES.	9:00-10:00 am	Allison's Choice	Allison	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	Joyce	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 1/29/26

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		
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
Warrior UH20		
Wednesday	WWP	11:30 am-12:15 pm

MASTERS SWIM

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

Rental Groups

Monday	1:00-2:00 pm	WWP
Tuesday	1:00-2:00 pm	MP
Wednesday	1:30-2:30 pm	WWP
Thursday	1:00-2:00 pm	WWP
Friday	10:15-11:15 am	WWP

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

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 1/29/2026