



POOL SCHEDULE

Effective October 1, 2024

MAIN POOL (Lap Swim) 14+

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

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

WARM WATER POOL (Adult Open Fitness) 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9-10:15 AM 11:00 AM- 2:30 PM	9-10 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	12:15- 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 9:45-10:30am WWP Family/Open Swim 11 AM-12 PM MP

AQUA FITNESS CLASSES 16+

MON.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
MON.	10:15-11:00 am	Tai-Yoga	Brenda	Warm Water 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.	10:00-10:45 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.	9:00-9:45 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

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

OTHER AQUATIC PROGRAMS

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

HOME SCHOOL PROGRAM

Wednesdays	MP	1:00-2:30 pm
Wednesdays	WWP	1:30-2:30 pm
Friday	MP	12:30-2:00 pm

RSB Fight Back UH20

Thursday	WWP	11:00-11:45 am
----------	-----	----------------

Warrior UH20

Wednesday	WWP	11:30 am-12:15 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.