



POOL SCHEDULE

Effective June 23, 2025

MAIN POOL (Lap Swim) 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 4:00-8:30 pm	7 am-3:30 pm 5:30-8:30 pm	5:45 am-3:30 pm 4:00-8:30 pm	7 am-3:30 pm 5:30-8:30 pm	5:45 am-3:30 pm 4:00-7:30 pm Jr. Lap 5-7 pm	7:30-9:00 am 10:30-3:30 Jr. Lap 2:30-3:30	7:30 am-3:30 pm

WARM WATER POOL (Adult Open Fitness) 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
7:00-9:15 am 12:00-1:00 pm 2:30-3:30 pm 7:00-8:30 pm	9:00-9:45 am 10:30-11:00 am 11:45am-3:30pm 6:30-8:30 pm	9:00-9:45 am 10:30-11:30 am 12:30-3:30 pm 7:20-8:30 pm	12:45-3:30 pm 6:50-8:30pm	7:00-9:15 am 12:00-1:00 pm 2:30-3:30 pm	1:30-3:30 pm	1:05-3:30 pm

FAMILY/OPEN SWIM

30 people max. First come, first served

MON.	WED.	FRI.	SAT.	SUN.
7:00-8:30 pm MAIN POOL	4:00-5:55 pm WARM WATER POOL	6:15-7:15 pm MAIN POOL	12:30-1:30 pm MAIN POOL	Little Y's (6mo-6yrs) 9-9:45 am WWP Big Y's (7-11 yrs) 9:45-10:30 pm WWP

Family/Open Swim
11 am-12 pm MAIN POOL

AQUA FITNESS CLASSES 16+

TUES.	9:00-9:45 am	HydroSpin	Kathy N.	Main Pool
TUES	9:45-10:30 am	Tai-Yoga	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	Aqua Pilates	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.	9:00-9:45 am	Oodles of Noodles	Brenda	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	Ann Marie	Warm Water Pool
FRI.	8:30-9:15 am	Aqua Volleyball	-	Warm Water Pool
FRI.	10:00-10:45 am	Joyce's Choice	Joyce	Main Pool

SUMMER CAMP

Mondays & Fridays	Warm Water Pool	9:30–11:40 am & 1:00–2:30 pm
Tuesdays & Thursdays	Main Pool	1:10–2:45 pm

SUMMER SWIM STROKE CLINICS

Tuesdays & Thursdays	5:30–7:00 pm	4 Lanes	Main Pool
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MASTERS SWIM

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

Mondays	Warm Water Pool	4:00–7:00 pm
Tuesdays	Main Pool	4:00–5:30 pm
Tuesdays	Warm Water Pool	4:00–6:50 pm
Thursdays	Main Pool	4:00–5:30 pm
Thursdays	Warm Water Pool	4:00–7:20 pm
Fridays	Warm Water Pool	4:00–6:15 pm
Fridays	Main Pool	5:45–6:15 pm
Saturdays	Warm Water Pool	7:30 am–12:30 pm
Saturdays	Main Pool	9:00–11:00 am
Saturdays	Main Pool	12:25–1:00 pm

Other Aquatic Programs

ASAP (Adaptive Swim Aquatic Program)\$	Wednesdays	6:00–7:15 pm
	Sundays	10:40–11:55 am
Warrior UH20	Wednesdays	11:30 am–12:15 pm
Fight Back UH20\$	Thursdays	11:00–11:45 am