



# POOL SCHEDULE

Effective June 22, 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	7 AM-3:30 PM	5:45 AM-3:30 PM	7 AM-3:30 PM	5:45 AM-3:30 PM	10:30 AM-3:30 PM	7:30 AM-3:30 PM
4:00-8:30 PM	5:30-8:30 PM	4-8:30 PM	5:30-8:30 PM	4:00-7:30 PM		

## WARM WATER POOL

Adult Open Fitness, 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9-9:30 AM	9-9:45 AM	9-9:45 AM	1:00-3:30 PM	8:30-9:25 AM	1:35-3:30 PM	1:05-3:30 PM
11:45 AM-3:30 PM	10:30-11 AM	10:30-11:30 AM	6:50-8:30 PM*	11:45 AM-3:30 PM		
	11:45 AM-3:30 PM	12:15-3:30 PM				
	6:30-8:30 PM*	7:00-8:30 PM				

## FAMILY SWIM

30 people max, first come, first served.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 PM	4:00-5:00 PM	6:15-7:15 PM	12:30-1:30 PM	Little Y's 9-9:45 AM
WWP	6:00-7:00 PM	MAIN POOL	MAIN POOL	WWP
	Little Y's 5:00-5:50 PM			Big Y's 9:45-10:30 AM
	WWP			WWP
				Family Swim
				10:30 AM-12 PM MP

## AQUA FITNESS CLASSES 16+

TUES.	9:00-10:00 am	Hydro Spin	Brenda/Martina	Main Pool
TUES.	9:45-10:30 am	Oodles of Noodles	Martina/Brenda	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	Aqua Combat	Joyce	Main Pool
WED.	7:15-8:30 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	9:00-9:45 am	Yoga Fit	Joyce	Warm Water Pool
THURS.	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	10:15-11:00 am	Total Aqua Mobility	Martina	Main Pool
THURS.	12:00-12:45 pm	AFA-Arthritis Class	Ann Marie	Warm Water Pool
FRI.	8:30-9:25 am	Aqua Volleyball	-	Warm Water Pool
FRI.	10:00-10:45 am	Splash Surprise	Joyce	Main Pool

\*Private Swim Lessons may be held simultaneously

Updated 6/15/26

## SWIM TEAM (3 Lanes)

Tuesdays 5:30–7:30 pm Main Pool

Thursdays 5:30–7:30 pm Main Pool

Swim Team Tryouts 7/21 & 7/23

**FULL MAIN POOL**

## MASTERS SWIM

Monday, Wednesday & Friday MP 5:45–6:45 am

## WARRIOR UH20

Wednesday WWP 11:30 am–12:15 pm

## RSB Fight Back UH20

Thursday WWP 11:00–11:45 am

## ASAP Adaptive Swimming Aquatic Program

Friday WWP 6:20–7:20 pm

Sunday WWP 10:40–11:40 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

## Birthday Parties

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

Sunday Water Water Pool 12:00–1:00 pm

## Summer Camp

Mondays WWP 9:30–11:40 am

Tuesdays MP 11:00–11:45 am

Thursdays MP 11:00–11:45 am

Fridays WWP 9:30–11:40 am

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.

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