## POOL SCHEDULE



## 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN SWIM & LAP	OPEN SWIM & LAP SWIM	OPEN SWIM & LAP SWIM	OPEN SWIM & LAP SWIM	OPEN SWIM & LAP SWIM	OPEN SWIM
	5:00 AM -	5:00 AM - 8:45pm	5:00 AM - 8:45pm	5:00 AM - 8:45pm	5:00 AM - 7:45pm	& LAP SWIN 7:00 AM - 4:45 PM
	8:45pm		AQUA ZUMBA			
OPEN SWIM &	AQUA YOGA	Shallow Water Cardio	6:30 AM - 7:00 AM	Shallow Water Cardio 8:00AM -		SWIM LESSON:
AP SWIM	9:00AM - 9:45AM	9:00AM - 10:45AM	(NO LAP SWIM)	8:45AM		8:30 AM - 11:30 A
2:00 PM - :45 PM	(NO LAP SWIM)	(NO LAP SWIM)		(NO LAP SWIM)	Please ask the lifeguard or see designated signs of	
					where the op are during sy and water fit	
ihallow Water					classes.	
Crdio 3:00 PM - 3:45 PM						
3:00 PM -					When there	•
3:00 PM -	SWIM LESSONS 5:00 PM - 6:15PM	SWIM LESSONS 5:00 PM - 8:00PM	SWIM LESSONS 5:00 PM - 6:15PM	SWIM LESSONS 5:00 PM - 8:00 PM		duty there
3:00 PM -	5:00 PM -	5:00 PM -	5:00 PM -		When there lifeguard on will be a 10r break. imple every hour. Lap swim ma	duty there
3:00 PM -	5:00 PM - 6:15PM Shallow Water Cardio 6:15PM -	5:00 PM -	5:00 PM -	5:00 PM - 8:00 PM	When there lifeguard on will be a 10r break. imple every hour. Lap swim maable during	duty there min safety mented  y not be avail- swim lessons
3:00 PM -	5:00 PM - 6:15PM Shallow Water Cardio 6:15PM - 7:00PM	5:00 PM -	5:00 PM -	5:00 PM - 8:00 PM	When there lifeguard on will be a 10r break. imple every hour. Lap swim ma able during	duty there min safety mented  ay not be avail- swim lessons  ion Hours:
3:00 PM -	5:00 PM - 6:15PM Shallow Water Cardio 6:15PM - 7:00PM	5:00 PM -	5:00 PM -	5:00 PM - 8:00 PM Steam	When there lifeguard on will be a 10r break. imple every hour. Lap swim ma able during	duty there min safety mented  ay not be avail- swim lessons  ion Hours:
3:00 PM -	5:00 PM - 6:15PM Shallow Water Cardio 6:15PM - 7:00PM	5:00 PM -	5:00 PM -	5:00 PM - 8:00 PM Steam Monday - Thurs	When there lifeguard on will be a 10r break. imple every hour. Lap swim ma able during	duty there min safety mented  ay not be avail- swim lessons  ion Hours:  5:00AM-8:45PM 5:00 AM - 7:45 PM
3:00 PM -	5:00 PM - 6:15PM Shallow Water Cardio 6:15PM - 7:00PM	5:00 PM -	5:00 PM -	5:00 PM - 8:00 PM Steam	When there lifeguard on will be a 10r break. imple every hour. Lap swim ma able during	duty there min safety mented  ay not be avail- swim lessons  ion Hours:  5:00AM-8:45PM