

the LARGE POOL SCHEDULE - JULY 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
5:00 AM													
6:00 AM													
6:30 AM													
7:00 AM							-		-		6:00AM -		
7:30 AM											3:45PM		
8:00 AM	5:00AM - 8: 45PM						-		5:00AM -		LAP		
	45PM		5:00AM -				5:00AM -		6:45PM		SWIM		
8:15 PM			8:45PM		5:00AM - 8: 45PM		8:45PM					8:15-9:00am	
8:30 AM	LAP SWIM	8:30-9:15am Aqua Fitness		8:30-9:15am Deep Water Aerobics	45711	8:30-9:15am Aqua Fitness		8:30-9:15am Deep Water Aerobics	LAP	8:30-9:15am Agua Fitness	There are always 3 lap lanes open &	Water Bootcamp Michelle (closed to water walkers)	8:00AM - 1:45PM
9:00 AM	-	with Kim	LAP	with Linda	LAP SWIM	with Kim	LAP	with Linda	SWIM	with Kim	30 minutes per lap lane unless	,	
9:15 AM 9:30 AM	There are always 3 lap lanes open &	9:15-10:00am Water Fitness Member Led	SWIM	9:15-9:50am Water Bike Linda		9:15-10:00am Water Fitness Member Led	SWIM	9:15-9:50am Water Bike Linda		9:15-10:00am Water Fitness	otherwise stated		LAP SWIM
10:00 AM	30 minutes per lap		-		There are		-		There are always 3 lap	Member Led			There are always 3 lap lanes open & 30 minutes per lap lane unless
11:00 AM	otherwise stated	10:00-11:30am Summer Swim	There are always 3 lap	10:00-11:00am Summer Swim	always 3 lap lanes open &	10:00-11:30am Summer Swim	There are always 3 lap	10:00-11:00am Summer Swim	lanes open & 30 minutes per				otherwise stated
12:00 PM	-	Camp (3 lanes)	lanes open & 30 minutes per	Camp (3 lanes)	30 minutes per lap lane unless	Camp (3 lanes)	lanes open & 30 minutes per	Camp (3 lanes)	lap lane unless otherwise				
1:00 PM			lap lane unless otherwise		otherwise stated		lap lane unless otherwise		stated				
2:00 PM			stated				stated						
3:00 PM													
4:00 PM						4:00-6:45pm							
5:00 PM						Swim Lessons							
5:15 PM													
	5:30-6:15pm Water Bootcamp					5:30-6:15pm							
	Michelle (closed to water walkers)	4:00-6:45pm Swim Lessons		4:00-6:45pm Swim Lessons		Water Bootcamp Michelle (closed to		4:00-6:45pm Swim Lessons					
5:45 PM						water walkers)							
6:00 PM							-						
7:00 PM													
7:45 PM													
8:00 PM													
8:45 PM													
9:00 PM										I			



SMALL POOL SCHEDULE - JULY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM								
6:00 AM								
7:00 AM 8:00 AM						0.00.0.00		
8:00 AM 8:15 PM						8:00-8:30am Open Swim		
0.131101	8:00-9:00am		8:00-9:00am		8:00-9:00am	8:30-9:00am	8:00-10:30am Water Walking	
	Warm Water Aerobics		Warm Water Aerobics		Warm Water Aerobics	Swim Lessons (Pool closed to non-swim lesson participants)		
8:30 AM	with Teresa		with Teresa		with Teresa			
9:00 AM		8:00-10:30am		8:00-10:30am				
9:15 AM 9:30 AM		Water Walking		Water Walking				
10:00 AM	9:00-11:00am		9:00-11:00am Water Walking		9:00-11:00am Water Walking			
10:15 AM	Water Walking & Physical Therapy		Water Walking		Mater Maiking			
10:30 AM	Thysical merapy	10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am			
10:45 AM		Dotty Ball	Dotty Ball	Dotty Ball	Dotty Ball			
11:00 AM	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	9:00am-3:45pm Open Swim	10:30am-1:45pm Open Swim	
11:30 AM 11:45 AM	Water Aerobics with Cathy	Aqua Toning Cathy	Water Aerobics with Cathy	Aqua Toning Cathy	Water Aerobics with Cathy			
12:00 PM	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	with Oatiny			
12:45 PM	Water Walking	Water Walking	Water Walking	Water Walking	12:00-2:30pm			
1:00 PM	1:00-2:00pm	1:00-2:00pm			Water Walking & Physical			
	Summer Adventures	Summer Adventures			Therapy			
2:00 PM 2:30 PM	0.00.4.00	0.00.4.00	1:00-4:00pm	1:00-4:00pm				
3:00 PM	2:00-4:00pm Open Swim	2:00-4:00pm Open Swim	Open Swim	Open Swim				
3:45 PM	opon on m	•••••			2:30-6:45pm			
4:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	Open Swim			
5:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons (Pool closed to non-swim				
5:45 PM	(Pool closed to non-swim	(Pool closed to non-swim	(Pool closed to non-swim					
6:00 PM 6:45 PM	lesson participants)	lesson participants)	lesson participants)	lesson participants)				
7:00 PM								
7:45 PM	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm				
8:00 PM	Open Swim	Open Swim	Open Swim	Open Swim				
8:45 PM								
9:00 PM								

Open Swim – The pool is open to all ages for recreational swimming (not intended for water walking) Dotty Ball – A fun interactive game where you attempt to keep the ball from touching the water! Water walking is allowed during this time as well.