



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



# SMALL POOL SCHEDULE - JUNE 2025

Summer Hours Begin May 23: Mon-Thurs: 5am-9pm, Fri: 5am-7pm, Sat: 6am-4pm, Sun: 8am-2pm, Memorial Day: 7am-Noon

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