

## **LARGE POOL SCHEDULE - JUNE 2025**

Water Boot Camp 101: Tuesday, June 24 and Tuesday, July 1 from 5:30-6:15PM

	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:								5:00AM -				
	45PM		5:00AM -				5:00AM -		6:45PM		LAP 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	45PW	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	There are always 3 lap	9:15-10:00am Water Fitness	SWIM	9:15-9:50am Water Bike		9:15-10:00am Water Fitness	SWIM	9:15-9:50am Water Bike		9:15-10:00am	otherwise stated		LAP SWIM
9:30 AM	lanes open & 30 minutes per lap	Member Led		Linda	There are	Member Led	-	Linda	There are always 3 lap	Water Fitness Member Led			There are always 3 lap lanes open
10:00 AM	lane unless otherwise stated	10:00-11:30am	There are	10:00-11:00am	always 3 lap	10:00-11:30am	There are	10:00-11:00am	lanes open &				& 30 minutes per lap lane unless otherwise stated
11:00 AM	_	Summer Swim Camp	always 3 lap lanes open &	Summer Swim Camp	lanes open & 30 minutes per lap	Summer Swim Camp	always 3 lap lanes open &	Summer Swim Camp	30 minutes per lap lane unless				
12:00 PM	-	(3 lanes)	30 minutes per lap lane unless	(3 lanes)	lane unless otherwise stated	(3 lanes)	30 minutes per lap lane unless	(3 lanes)	otherwise stated				
1:00 PM			otherwise stated				otherwise stated						
2:00 PM 3:00 PM	-												
4:00 PM	-												
5:00 PM						4:00-6:45pm Swim Lessons							
5:15 PM	5:30-6:15pm Water Bootcamp					5:30-6:15pm							
	Michelle (closed to	4:00-6:45pm		4:00-6:45pm		Water Bootcamp Michelle (closed to		4:00-6:45pm					
5:45 PM	water walkers)	Swim Lessons		Swim Lessons		water walkers)		Swim Lessons					
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						0.00.0.00		
8:00 AM 8:15 PM						8:00-8:30am <b>Open Swim</b>		
0.15 FIVI	8:00-9:00am		8:00-9:00am		8:00-9:00am	8:30-9:00am		
	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			8:00-10:30am	
9:15 AM		Water Walking		Water Walking			Water Walking	
9:30 AM 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 waiking		water waiking			
10:30 AM	Physical 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 Aqua Toning	11:00am-12:00pm	9:00am-3:45pm <b>Open Swim</b>	10:30am-1:45pm <b>Open Swim</b>	
11:30 AM	Water Aerobics	Aqua Toning	Water Aerobics		Water Aerobics			
11:45 AM	with Cathy	Cathy	with Cathy	Cathy	with Cathy			
12:00 PM 12:45 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	40:00 0:00===			
1:00 PM	1:00-2:00pm	1:00-2:00pm			12:00-2:30pm Water Walking & Physical			
	Summer Adventures	Summer Adventures			Therapy			
2:00 PM			1:00-4:00pm	1:00-4:00pm				
2:30 PM	2:00-4:00pm	2:00-4:00pm	Open Swim	Open Swim				
3:00 PM 3:45 PM	Open Swim	Open Swim						
3:45 PM 4:00 PM					2:30-6:45pm Open Swim			
5:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm Swim Lessons (Pool closed to non-swim	Open Swim			
5:45 PM	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim					
6:00 PM	lesson participants)	lesson participants)	lesson participants)	lesson participants)				
6:45 PM								
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 8:45 PM	Open Swim	Open Swim	Open Swim	Open Swim				
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.