

LARGE 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													
6:30 AM													
7:00 AM											6:00AM -		
7:30 AM	5.00414 0.										3:45PM		
8:00 AM	5:00AM - 8: 45PM								5:00AM -		LAP		
	43F W		5:00AM -		5:00AM - 8:		5:00AM -		6:45PM		SWIM		
8:15 PM			8:45PM		45PM		8:45PM				There are	8:15-9:00am Water Bootcamp	
8:30 AM	LAP SWIM	8:30-9:15am Aqua Fitness		8:30-9:15am Deep Water Aerobics	101	8:30-9:15am Aqua Fitness		8:30-9:15am Deep Water Aerobics	LAP	8:30-9:15am	always 3 lap lanes open &	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	Aqua Fitness with Kim	30 minutes per lap lane unless	to water wanters)	0.00AW - 1.43FW
9:15 AM	There are always 3 lap	9:15-10:00am Water Fitness	SWIM	9:15-9:50am Water Bike	LAP SVIIVI	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	_	Member Led		Linda	There are	Water Fitness Member Led	Stated		There are always 3 lap lanes open
10:00 AM	lane unless otherwise stated	10:00-11:30am	There are	10:00-11:00am	There are always 3 lap	10:00-11:30am	There are	10:00-11:00am	always 3 lap lanes open &				& 30 minutes per lap lane unless otherwise stated
11:00 AM	Offierwise stated	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			Statou				Statou						
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

10:15 AM Physical Therapy 10:30-11:00am Dotty Ball Dotty Bal		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
200-80	5:00 AM							
8.00-9:00am Warm Water Aerobics with Teresa 8.00-10:30am Water Walking 9:00-11:00am Water Walking 0:00-10:00am 0:00-10:								
8.00-9:00am Warm Water Aerobics With Teresa 8.00-10:30am Warm Water Aerobics With Teresa 8.00-10:30am Water Walking 9:00-11:00am Water Walking 9:00-11:00am Water Walking 9:00-11:00am Water Walking Physical Therapy 10:30-11:00am Dotty Ball Dot							9:00 9:20am	
8:00-9:00am Warm Water Aerobics with Teresa 8:00-10:30am Warm Water Aerobics with Teresa 8:00-10:30am Water Walking 9:00-11:00am Water Walking Physical Therapy 10:30-11:00am Dotty Ball 11:00am-12:00pm Water Aerobics Aqua Toning Cathy Water Aerobics Aqua Toning Cathy Water Walking Water Walking Water Walking 10:00-1:00pm Water Walking 10:00-1:00pm Water Aerobics Aqua Toning Cathy Water Aerobics Aqua Toning Water Walking Water Walking 10:00-1:00pm Water Walking Water Walki								
Warm Water Aerobics With Teresa 8:00-10:30am Water Walking 9:00-11:00am Union		8:00-9:00am		8:00-9:00am		8:00-9:00am		
900 AM							(Pool closed to non-swim	
9:00-11:00am Water Walking 0:00-11:00am Water Walking 0:00-11:00am Dotty Ball 1:00am-12:00pm Aqua Toning Cathy Water Aerobics with Cathy Cathy Water Walking Wat		with Teresa		with Teresa		with Teresa	lesson participants)	
9:00-11:00am Water Walking & Physical Therapy 10:30-11:00am Dotty Ball Dotty Ball 10:30-11:00am 11:30-11:00am 11:30-1								
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10:30 AM Physical Therapy	10:00 AM							
10.45 AM	10:15 AM							
11:00 AM 11:00 am - 12:00 pm Aqua Toning Aqua Toning Cathy Water Aerobics Cathy With Cathy Cathy Water Aerobics Cathy With Cathy Cathy Water Walking U:00-1:00 pm Water Walking Water Walking Water Walking U:00-2:00 pm Summer Adventures Starting June 9th 1:00-4:00 pm Open Swim Op	10:30 AM							
11:30 AM Water Aerobics Aqua Toning Cathy Water Aerobics Cathy Water Aerobics Cathy Water Aerobics Cathy 12:00-1:00pm 12:00-1:00pm Water Walking Water Walking & Physical Therapy Water Walking &			•		•	-		
11:45 AM								
12:00 PM 12:00 -1:00pm Water Walking	11:45 AM							
1:00 PM	12:00 PM	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm			
Summer Adventures Summer Adventures Starting June 9th 1:00-4:00pm Open Swim Op	12:45 PM	Water Walking	Water Walking	Water Walking	Water Walking	12:00-2:30pm		
2:00 PM Starting June 9th Starting June 9th 1:00-4:00pm Open Swim	1:00 PM							
2:30 PM	2:00 PM					Therapy		
3:00 PM	-							
4:00-7:00pm Swim Lessons 6:45 PM Pool closed to non-swim lesson participants) 6:00 PM Pool closed to non-swim lesson participants) 6:00 PM Pool closed to non-swim lesson participants) 7:00 PM Pool closed to non-swim lesson participants)				Open Swiiii	Open Swiiii			
4:00-7:00pm Swim Lessons Swim Lessons (Pool closed to non-swim lesson participants) Pool closed to non-swim lesson participants) Process of Po	3:45 PM	<u> </u>	·			2:30-6:45pm		
Swim Lessons (Pool closed to non-swim lesson participants)		4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm			
6:00 PM lesson participants) lesson participants) lesson participants) lesson participants) lesson participants) 7:00 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6:45 PM		,						
7:45 PM 7:00-8:45pm 7:00-8:45pm 7:00-8:45pm 8:00 PM Open Swim Open Swim Open Swim 8:45 PM Open Swim Open Swim		icosori participarito)	icoson participants)	1633011 participants)	icosoni participanto)			
8:00 PM	7:00 PM							
8:45 PM	7:45 PM	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm	7:00-8:45pm			
		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.