



# LARGE POOL SCHEDULE - MAY 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	<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 - 7:45PM</b>	<b>6:00AM - 5:45PM</b>	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	<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>Aqua Fitness</b> with Kim	<b>LAP SWIM</b>  There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	<b>LAP SWIM</b>  There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	<b>8:00AM - 3:45PM</b>  <b>LAP SWIM</b>  There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
8:15 PM		9:15-10:00am <b>Water Fitness</b> Member Led		9:15-10:00am <b>Water Fitness</b> Member Led			
8:30 AM		8:30-9:15am <b>Deep Water Aerobics</b> with Linda		8:30-9:15am <b>Deep Water Aerobics</b> with Linda			
9:00 AM		9:15-9:50am <b>Water Bike</b> Linda		9:15-9:50am <b>Water Bike</b> Linda			
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		4:00-6:45pm <b>Swim Lessons</b>		4:00-6:45pm <b>Swim Lessons</b>			
5:00 PM							
5:15 PM	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 - MAY 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		8:00-9:00am Warm Water Aerobics with Teresa		8:00-9:00am Warm Water Aerobics with Teresa	8:00-8:30am Open Swim		
8:15 PM						8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)		
8:30 AM	9:00-11:00am Water Walking & Physical Therapy	8:00-10:30am Water Walking	9:00-11:00am Water Walking	8:00-10:30am Water Walking	9:00-11:00am Water Walking	9:00am-5:45pm Open Swim	8:00-10:30am Water Walking	
9:00 AM								
9:15 AM								
9:30 AM								
10:00 AM								
10:15 AM								
10:30 AM		10:30-11:00am Dotty Ball	10:30-11:00am Dotty Ball	10:30-11:00am Dotty Ball	10:30-11:00am Dotty Ball			
10:45 AM								
11:00 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			
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				
12:45 PM					12:00-2:30pm Water Walking & Physical Therapy			
1:00 PM	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim			10:30am-3:45pm Open Swim	
2:00 PM								
2:15 PM								
2:30 PM								
3:00 PM								
3:45 PM								
4:00 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)	2:30-7:45pm Open Swim			
5:00 PM								
5:45 PM								
6:00 PM								
6:45 PM								
7:00 PM								
7:45 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				
8:00 PM								
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.