

## 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													
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM	5:00AM - 8:		5:00AM -				5:00AM -		5:00AM -				
8:00 AM	45PM		8:45PM		5:00AM - 8: 45PM		8:45PM		7:45PM				
8:15 PM					456 141						6:00AM -	8:15-9:00am	
8:30 AM	LAP SWIM	8:30-9:15am	LAP	8:30-9:15am <b>Deep Water</b>	LAP SWIM	8:30-9:15am	LAP	8:30-9:15am Deep Water	LAP	8:30-9:15am	5:45PM	Water Bootcamp Michelle (closed to water walkers)	
9:00 AM		Aqua Fitness with Kim	SWIM	Aerobics with Linda	LAP SWIW	Aqua Fitness with Kim	SWIM	Aerobics with Linda	SWIM Aqua Fitness with Kim		LAP		8:00AM - 3:45PM
9:15 AM	There are always 3 lap	9:15-10:00am		9:15-9:50am		9:15-10:00am		9:15-9:50am		9:15-10:00am	SWIM		0.00AWI - 3.45FWI
9:30 AM	lanes open &	Water Fitness Member Led	There are	Water Bike Linda	There are always 3 lap	Water Fitness Member Led	There are	Water Bike Linda	There are	Water Fitness Member Led	There are always 3 lap		LAP SWIM
10:00 AM	30 minutes per lap lane unless	Member Lea	always 3 lap lanes open &	Eindu	lanes open & 30 minutes per lap	Member Lea	always 3 lap lanes open &	Lindu	always 3 lap lanes open &		lanes open &		There are always 3 lap lanes open
11:00 AM	otherwise stated		30 minutes per lap lane unless		lane unless otherwise stated		30 minutes per lap lane unless		30 minutes per lap lane unless		30 minutes per lap lane unless		& 30 minutes per lap lane unless otherwise stated
12:00 PM			otherwise				otherwise		otherwise stated		otherwise stated		
1:00 PM			Sidieu				Sidleu		Sidicu				
2:00 PM			-						-				
3:00 PM													
4:00 PM						4:00-6:45pm							
5:00 PM						Swim Lessons							
5:15 PM	5:30-6:15pm Water Bootcamp Michelle (closed to	4:00-6:45pm Swim Lessons		4:00-6:45pm Swim Lessons		5:30-6:15pm Water Bootcamp		4:00-6:45pm Swim Lessons					
5:45 PM	water walkers)	CWIIII LESSONS		Gwill Lessons		Michelle (closed to water walkers)		CWIIII LESSONS					
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						8:00-8:30am	
8:15 PM						Open Swim	
	8:00-9:00am		8:00-9:00am		8:00-9:00am	8:30-9:00am <b>Swim Lessons</b> (Pool closed to non-swim lesson participants)	-
	Warm Water Aerobics with Teresa		Warm Water Aerobics with Teresa		Warm Water Aerobics with Teresa		
8:30 AM	with Teresa		with Teresa		with Teresa		
9:00 AM 9:15 AM		8:00-10:30am		8:00-10:30am			8:00-10:30am
9:15 AM 9:30 AM		Water Walking		Water Walking			Water Walking
10:00 AM	9:00-11:00am		9:00-11:00am		9:00-11:00am		
10:15 AM	Water Walking &		Water Walking		Water Walking		
10:30 AM	Physical Therapy	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	9:00am-5:45pm	
11:00 AM	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm		
11:30 AM	Water Aerobics	Aqua Toning	Water Aerobics	Aqua Toning	Water Aerobics		
11:45 AM	with Cathy	Cathy	with Cathy	Cathy	with Cathy		
12:00 PM	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm			
12:45 PM	Water Walking	Water Walking	Water Walking	Water Walking	12:00-2:30pm		
1:00 PM					Water Walking & Physical	Open Swim	10:30am-3:45pm
2:00 PM					Therapy	open ownin	Open Swim
2:15 PM	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm			
2:30 PM	Open Swim	Open Swim	Open Swim	Open Swim			
3:00 PM							
3:45 PM					-		
4:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm			
5:00 PM 5:45 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	2:30-7:45pm		
6:00 PM	(Pool closed to non-swim	(Pool closed to non-swim	(Pool closed to non-swim	(Pool closed to non-swim	Open Swim		
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.