

LARGE POOL SCHEDULE - AUGUST 2025

	MON	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		URDAY	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: 45PM								5:00AM -		LAP		
	43F IVI		5:00AM -		5:00AM - 8:		5:00AM -		6:45PM		SWIM		
8:15 PM			8:45PM		45PM		8:45PM					There are always 3 lap lanes open & to water walkers)	
8:30 AM	LAP SWIM	8:30-9:15am Aqua Fitness with Kim		8:30-9:15am Deep Water Aerobics	401 111	8:30-9:15am Aqua Fitness with Kim		8:30-9:15am Deep Water Aerobics	LAP	8:30-9:15am Aqua Fitness	always 3 lap lanes open & 30 minutes per		8:00AM - 1:45PM
9:00 AM	There are	9:15-10:00am	LAP	with Linda	LAP SWIM	9:15-10:00am	LAP	with Linda	SWIM	with Kim	lap lane unless		
9:15 AM	always 3 lap lanes open &	Water Fitness Member Led	SWIM	9:15-9:50am Water Bike		Water Fitness Member Led	SWIM	9:15-9:50am Water Bike		9:15-10:00am Water Fitness	otherwise stated		LAP SWIM
9:30 AM 10:00 AM	30 minutes per lap	Member Lea		Linda	There are	Member Lea		Linda	There are always 3 lap	Member Led		There	There are always 3 lap lanes open & 30 minutes per lap lane unless
11:00 AM	lane unless otherwise stated		There are always 3 lap		always 3 lap lanes open &		There are always 3 lap		lanes open & 30 minutes per				otherwise stated
12:00 PM			lanes open & 30 minutes per		30 minutes per lap		lanes open & 30 minutes per		lap lane unless otherwise				
1:00 PM			lap lane unless otherwise		otherwise stated		lap lane unless otherwise		stated				
2:00 PM			stated				stated						
3:00 PM													
4:00 PM						4:00-6:45pm							
5:00 PM						Swim Lessons							
5:15 PM													
	5:30-6:15pm Water Bootcamp					5:30-6:15pm							
5:45 PM	Michelle (closed to water walkers)	4:00-6:45pm Swim Lessons		4:00-6:45pm Swim Lessons		Water Bootcamp Michelle (closed to water walkers)		4:00-6:45pm Swim Lessons					
6:00 PM													
7:00 PM													
7:45 PM													
8:00 PM													
8:45 PM												ļ	
9:00 PM													



SMALL POOL SCHEDULE - AUGUST 2025

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

S00 AM F700	SUNDAY	SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	
Record R								5:00 AM
8:00-8:30am Name								
8:00-9:00am Warm Water Aerobics with Teresa 8:00-9:00am Warm Water Aerobics with Teresa 8:00-10:30am Water Walking 9:00-11:00am Water Walking 0:30-4:00pm Water Aerobics Water Walking 0:30-4:00pm Water Walking 0:00-11:00am Dotty Ball Dotty Ball 0:00-11:00am Water Aerobics Water Aerobics Water Aerobics Water Aerobics Water Aerobics Water Walking Cathy Water Walking Water Walking 0:00-1:00pm Water Walking Water Walking Water Walking 0:00-2:00pm Ui:00-2:00pm Ui:00-								
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 Water Walking Dotty Ball Dotty Bal								
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Similar Simi		(Pool closed to non-swim	Warm Water Aerobics Warm Water Aerobics Swim Less (Pool closed to r		Warm Water Aerobics			
9:15 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 10:30 -11:00 am Water Walking & Physical Therapy 10:30-11:00 am Dotty Ball Dotty Ball Dotty Ball 10:30-11:00 am Dotty Ball Dotty Ball Dotty Ball Dotty Ball Dotty Ball Dotty Ball 11:00 am-12:00 pm Aqua Toning Water Aerobics With Cathy Water Walking Water Walking Water Walking 12:00-1:00 pm Water Walking Water Walking Water Walking Water Walking Water Walking 1:00 PM 1:00-2:00 pm Summer Adventures Summer Adventures 1:00-4:00 pm Open Swim		lesson participants)	with refesa		with feresa		with feresa	
9:00-11:00am Water Walking & Physical Therapy 10:30-11:00am Water Walking & Physical Therapy 10:30-11:00am Dotty Ball Dotty Ball 10:30-11:00am Dotty Ball 10:30-11:00am Dotty Ball Dotty Ball 10:30-11:00am Dotty Ball Dotty Ball 10:30-11:00am Dotty Ball 10:30-11:00am Dotty Ball 10:30-11:00am Dotty Ball 11:00am-12:00pm Water Aerobics Water Aerobics	8:00-10:30am Water Walking							
10:00 AM 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 Dotty Ball Dotty Ball 10:30-11:00am Dotty Ball Dotty Ball Dotty Ball Dotty Ball 11:00am-12:00pm Mater Aerobics Aqua Toning Water Aerobics Water	vvater vvalking		0:00 11:00am	vvaler vvalking	0:00 11:00am	vvater vvaiking		
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11:30 AM Water Aerobics Aqua Toning Water Aerobics Aqua Toning Cathy Water Aerobics With Cathy Cathy Water Aerobics With Cathy Cathy Water Aerobics Water Aerobics With Cathy Cathy Open Swim 9:00am-3:45pm Open Swim 00 PM 12:00-1:00pm 12:00-1:00pm Water Walking Water Walking Water Walking Water Walking Water Walking Water Walking & Physical Therapy 1:00-4:00pm Open Swim Open			Dotty Ball	Dotty Ball	Dotty Ball	Dotty Ball		10:45 AM
11:45 AM								
12:00 PM		9:00am-3:45pm						
12:45 PM Water Walking Water Walking Water Walking Water Walking 12:00-2:30 pm 1:00 PM 1:00-2:00 pm 1:00-2:00 pm Water Walking Water Walking & Physical Therapy 2:00 PM 2:00 PM 1:00-4:00 pm 1:00-4:00 pm Open Swim 3:00 PM Open Swim Open Swim Open Swim 3:45 PM 2:30-6:45 pm	10:30am-1:45pm	Open Swim 10:30a	with Cathy	,	,	,		
1:00-2:00pm Summer Adventures Summer Adventures 1:00-4:00pm 1:00-4:00pm 1:00-4:00pm 1:00-4:00pm 1:00-4:00pm Open Swim	Open Swim		12:00-2:30pm					
2:00 PM 2:00-4:00pm 3:00 PM 3:00 PM Open Swim Open Swim Open Swim 1:00-4:00pm Open Swim Open Swim 2:30-6:45pm			Water Walking & Physical					1:00 PM
2:30 PM 2:00-4:00pm 2:00-4:00pm Open Swim Open Swim Open Swim 2:30-6:45pm			Therapy			Summer Adventures	Summer Adventures	
3:00 PM								
3:45 PM 2:30-6:45pm				Open Swim	Open Swim			
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4:00 7:00pm 4:00 7:00pm 4:00 7:00pm Open Swim								4:00 PM
4:00-7:00pm 4:00-7:00pm 4:00-7:00pm 4:00-7:00pm 5wim Lessons Swim Lessons Swim Lessons			Open Swiiii					5:00 PM
5/45 PM (Pool closed to non-swim (Pool closed								5:45 PM
lesson participants) lesson participants) lesson participants)								6:00 PM
6.45 PM								
7:00 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				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.