



LARGE POOL SCHEDULE - AUGUST 2025

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

	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	8:00-10:30am Water Walking	8:00-9:00am Warm Water Aerobics with Teresa	8:00-10:30am Water Walking	8:00-9:00am Warm Water Aerobics with Teresa	8:00-8:30am Open Swim	8:00-10:30am Water Walking		
8:15 PM						8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)			
			9:00-11:00am Water Walking & Physical Therapy		9:00-11:00am Water Walking	9:00-11:00am Water Walking		9:00-11:00am Water Walking	9:00am-3:45pm Open Swim
8:30 AM									
9:00 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			
9:15 AM							10:30am-1:45pm Open Swim		
9:30 AM									
10:00 AM									
10:15 AM									
10:30 AM	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-2:30pm Water Walking & Physical Therapy				
10:45 AM									
11:00 AM									
11:30 AM									
11:45 AM	1:00-2:00pm Summer Adventures	1:00-2:00pm Summer Adventures	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	2:30-6:45pm Open Swim				
12:00 PM									
12:45 PM									
1:00 PM									
2:00 PM	2:00-4:00pm Open Swim	2:00-4:00pm Open Swim	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	2:30-6:45pm Open Swim				
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)	2:30-6:45pm Open Swim				
5:00 PM									
5:45 PM									
6:00 PM									
6:45 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					
7:00 PM									
7:45 PM									
8:00 PM									
8:45 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					
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.