

## LARGE POOL SCHEDULE - September 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		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:								5:00AM -		LAP		
	45PM		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 9:00 AM	LAP SWIM	8:30-9:15am Aqua Fitness with Kim		8:30-9:15am  Deep Water  Aerobics  with Linda		8:30-9:15am <b>Aqua Fitness</b> with Kim		8:30-9:15am  Deep Water  Aerobics  with Linda	LAP SWIM	8:30-9:15am Aqua Fitness	always 3 lap lanes open & 30 minutes per	Michelle (closed to water walkers)	8:00AM - 1:45PM
9:00 AM	There are always 3 lap lanes open &	9:15-10:00am	SAALIM	9:15-9:50am	LAP SWIM	9:15-10:00am	LAP SWIM	9:15-9:50am	- V	with Kim 9:15-10:00am Water Fitness	lap lane unless otherwise stated		LAP SWIM
9:30 AM		Water Fitness Member Led		Water Bike Linda		Water Fitness Member Led		Water Bike Linda					
10:00 AM	30 minutes per lap lane unless		There are		There are always 3 lap		There are		always 3 lap lanes open &	Member Led			There are always 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
11:00 AM	otherwise stated		always 3 lap lanes open &		lanes open & 30 minutes per lap		always 3 lap lanes open &		30 minutes per lap lane unless				outer mod outed
12:00 PM			30 minutes per lap lane unless		lane unless otherwise stated		30 minutes per lap lane unless		otherwise stated				
1:00 PM 2:00 PM			otherwise stated				otherwise 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 Michelle (closed to	4:00-6:45pm		4:00-6:45pm		5:30-6:15pm Water Bootcamp		4:00-6:45pm					
5:45 PM	water walkers)	Swim Lessons		Swim Lessons		Michelle (closed to 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 - September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM								
6:00 AM								
7:00 AM								
8:00 AM						8:00-8:30am Open Swim		
8:15 PM	8:00-9:00am		8:00-9:00am		8:00-9:00am	8:30-11:00am		
	Warm Water Aerobics		Warm Water Aerobics		Warm Water Aerobics	Swim Lessons (Pool closed to non-swim lesson participants)	8:00-10:30am Water Walking	
8:30 AM	with Teresa		with Teresa		with Teresa			
9:00 AM		8:00-10:30am		8:00-10:30am				
9:15 AM		Water Walking		Water Walking				
9:30 AM	9:00-11:00am		9:00-11:00am		9:00-11:00am			
10:00 AM	Water Walking &		Water Walking		Water Walking			
10:15 AM	Physical Therapy							
10:30 AM 10:45 AM		10:30-11:00am <b>Dotty Ball</b>	10:30-11:00am Dotty Ball	10:30-11:00am <b>Dotty Ball</b>	10:30-11:00am Dotty Ball			
11:00 AM		•	,	•				
11:30 AM	11:00am-12:00pm Water Aerobics	11:00am-12:00pm Aqua Toning	11:00am-12:00pm Water Aerobics	11:00am-12:00pm Aqua Toning	11:00am-12:00pm Water Aerobics	11:00am-3:45pm Open Swim	10:30am-1:45pm <b>Open Swim</b>	
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	1:00-4:00pm	1:00-4:00pm			Water Walking & Physical			
	Open Swim	Open Swim			Therapy			
2:00 PM			1:00-4:00pm	1:00-4:00pm				
2:30 PM			Open Swim	Open Swim				
3:00 PM 3:45 PM								
4:00 PM					2:30-6:45pm			
5:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm  Swim Lessons (Pool closed to non-swim	Open Swim			
5:45 PM	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim	Swim Lessons (Pool closed to non-swim					
6:00 PM	lesson participants)	lesson participants)	lesson participants)	lesson participants)				
6:45 PM	, ,	, , , , , , , , , , , , , , , , , , , ,	, ,	, ,				
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.