



LARGE POOL SCHEDULE - September 2025

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