

## LARGE POOL SCHEDULE - OCTOBER 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 SWIM		
	45PM		5:00AM -				5:00AM -		6:45PM		There are		
8:15 PM			8:45PM		5:00AM - 8: 45PM		8:45PM				always 3 lap lanes open &	8:15-9:00am	
8:30 AM	LAP SWIM	8:30-9:15am Aqua Fitness with Kim		8:30-9:15am  Deep Water  Aerobics	45PW	8:30-9:15am <b>Aqua Fitness</b> with Kim		8:30-9:15am Deep Water Aerobics	LAP	8:30-9:15am Agua Fitness	30 minutes per lap lane unless otherwise	Water Bootcamp Michelle (closed to water walkers)	8:00AM - 1:45PM
9:00 AM		9:15-10:00am	LAP	with Linda	LAP SWIM	9:15-10:00am	LAP	with Linda 9:15-9:50am	SWIM	with Kim 9:15-10:00am	stated		LAP SWIM
9:15 AM	There are always 3 lap	Water Fitness Member Led	SWIM	Water Bike Linda	LAP SVIIVI	Water Fitness Member Led	SWIM	Water Bike Linda		Water Fitness Member Led			LAP SVVIIVI
9:30 AM	lanes open & 30 minutes per lap								There are	Welliber Lea			There are always 3 lap lanes open
10:00 AM	lane unless otherwise stated		There are		There are always 3 lap		There are		always 3 lap lanes open &				& 30 minutes per lap lane unless otherwise stated
11:00 AM			always 3 lap lanes open &		lanes open & 30 minutes per lap		always 3 lap lanes open &		30 minutes per lap lane unless				
12:00 PM 1:00 PM			30 minutes per lap lane unless		lane unless otherwise stated		30 minutes per lap lane unless		otherwise stated				
2:00 PM			otherwise stated				otherwise stated						
3:00 PM													
4:00 PM													
5:00 PM						4:00-6:45pm							
						SwimLessons							
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					
		4:00-6:45pm SwimLessons		Swim Lessons		Michelle (closed to water walkers)		Swim Lessons					
5:45 PM		-				,							
6:00 PM 7:00 PM													
7:00 PM													
8:00 PM													
8:45 PM													
9:00 PM													
3.00 1 70										I			



SMALL POOL SCHEDULE - September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM 6:00 AM							
7:00 AM							
8:00 AM 8:15 PM						8:00-8:30am	
0.15 PM	0.00.00		0.00.00		0.00.000	Open Swim 8:30-11:00am	
	8:00-9:00am Warm Water Aerobics		8:00-9:00am Warm Water Aerobics		8:00-9:00am Warm Water Aerobics	Swim Lessons (Pool closed to non-swim lesson participants)	
8:30 AM 9:00 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
9:30 AM	9:00-11:00am	Water Walking	9:00-11:00am	Water Walking	9:00-11:00am		Water Walking
10:00 AM 10:15 AM	Water Walking &		Water Walking	10:30-11:00am	Water Walking		
10:30 AM	Physical Therapy	10:30-11:00am	10:30-11:00am		10:30-11:00am		
10:45 AM 11:00 AM		Dotty Ball	Dotty Ball	Dotty Ball	Dotty Ball		
11:30 AM	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-3:45pm Open Swim	10:30am-1:45pm <b>OpenSwim</b>
11:45 AM 12:00 PM	Water Aerobics with Cathy	Aqua Toning Cathy	Water Aerobics with Cathy	Aqua Toning Cathy	Water Aerobics with Cathy		
12:45 PM	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	,		
1:00 PM	Water Walking	Water Walking	Water Walking	Water Walking	12:00-2:30pm		
	· ·	4.00 4.00			WaterWalking&Physical Therapy		
2:00 PM	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm			
2:30 PM 3:00 PM	Open Swim	Open Swim	Open Swim	Open Swim			
3:45 PM					2:20 6:45pm		
4:00 PM 5:00 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	2:30-6:45pm Open Swim		
5:45 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	·		
6:00 PM 6:45 PM	(Pool closed to non-swim lesson participants)						
7:00 PM		, , , ,	, , ,	, ,			
7:45 PM							
8:00 PM 8:45 PM	7:00-8:45pm <b>OpenSwim</b>	7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm <b>Open Swim</b>			
9:00 PM	- Optilowiiii	Open own	Open ownii	open ownn			

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.