



LARGE POOL SCHEDULE JULY 2026

	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	5:00AM - 8:45PM	5:00AM - 8:45PM	5:00AM - 8:45PM	5:00AM - 7:45PM	6:00AM - 3:45PM	
8:15 PM							
8:30 AM	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated	8:00AM - 1:45PM LAP SWIM There are typically 2 or 3 lap lanes open & 30 minutes per lap lane unless otherwise stated
9:00 AM		8:30-9:20am Aqua Fitness with Kim	8:30-9:15am Deep Water Aerobics with Linda	8:30-9:20am Aqua Fitness with Kim	8:30-9:15am Deep Water Aerobics with Linda	8:15-9:00am Water Bootcamp Michelle (closed to water walkers)	
9:15 AM		9:15-10:00am Water Fitness Member Led	9:15-9:50am Water Bike Linda	9:15-10:00am Water Fitness Member Led	9:15-9:50am Water Bike Linda		
9:30 AM							
10:00 AM		10-11:30am Summer Swim Camp	10-11:00am Summer Swim Camp	10-11:30am Summer Swim Camp	10-11:00am Summer Swim Camp	9:30-10:30am Aqua Dance Nicolle	
11:00 AM							
12:00 PM							
1:00 PM		1-2PM Swim Lessons	1-2PM Swim Lessons				
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
5:15 PM	5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)	4:00-7:00pm Swim Lessons	5:15-6:00pm Water Bootcamp Michelle (closed to water walkers)	4:00-7:00pm Swim Lessons	4:00-7:00pm Swim Lessons		
5:45 PM							
6:00 PM							
7:00 PM							
7:45 PM							
8:00 PM							
8:45 PM							
9:00 PM							



SMALL POOL SCHEDULE JULY 2026

	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	
8:30-9:00am Swim Lessons (Pool closed to non-swim lesson participants)														
8:15 PM														
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		8:00-10:30am Water Walking		8:00-10:30am Water Walking	
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				10:30am-1:45pm Open Swim			
10:45 AM							10:30-11:00am Dotty Ball							
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											9:00am-3:45pm Open Swim		10:30am-1:45pm Open Swim	
11:45 AM														
12:00 PM	12:00-1:00pm Water Walking And Swimming Lessons		12:00-1:00pm Water Walking And Swimming Lessons		12:00-2:00pm Water Walking And Swimming Lessons		12:00-2:00pm Water Walking And Swimming Lessons		12:00-2:30pm Water Walking & Physical Therapy					
12:45 PM	1:00-2:00pm (closed to members) Summer Adventure		1:00-3:00pm Summer Adventure (Closed to Members)											
1:00 PM														
2:00 PM														
3:00 PM	2:00-4:00pm Open Swim				2:00-4:00pm Open Swim		2:00-4:00pm Open Swim		2:30-6:45pm Open Swim					
2:30 PM														
3:00 PM			3:00-4:00pm Open Swim											
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)							
5:00 PM														
5:45 PM														
6:00 PM														
6:45 PM														
7:00 PM														
7:45 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							
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.