

## AQUATIC SCHEDULE

January 5 - March 15, 2026

**Lane Pool (25M / 4 Lanes)**

OPEN SWIM: Pool Open for all patrons.

LANE SWIM: Pool for Lane Swimming for all lanes or refer to the number of lanes set up for laps: (\*\* # Lanes)

ABILITY SWIM PROGRAM: For participants with all physical, sensory, and intellectual abilities, providing a relaxed space to build confidence, explore, and have fun. Caregivers and support persons are encouraged to join and assist as needed.

ADULT THERAPY SWIM: For adults (16+) recovering from injury and pain relief. Pool helps support recovery, improve mobility, and boost overall health. Self led swim/No instructor.

### Facility Hours

**Monday-Friday** 6:00am-9:00pm  
**Saturday** 7:00am-8:00pm  
**Sunday** 7:00am-5:00pm

### Holiday Hours (No Classes)

**Monday, Feb. 16** 7:00AM - 5:00PM

*Schedules subject to change.*

### Monday

6:00AM - 8:15AM  
Lane Swim

8:30AM - 9:15AM  
AquaFit

10:30AM - 12:00PM  
Lane Swim

1:00PM - 5:15PM  
Open Swim\*\*

5:30PM - 6:15PM  
AquaFit

6:30PM - 8:45PM  
Open Swim\*\*

### Tuesday

6:00AM - 8:15AM  
Lane Swim

8:30AM - 9:15AM  
AquaFit

10:30AM - 12:00PM  
Lane Swim

1:15PM - 2:00PM  
AquaFit

2:15PM - 4:15PM  
Open Swim\*\*

8:15PM - 8:45PM  
Open Swim\*\*

### Wednesday

6:00AM - 8:15AM  
Lane Swim

8:30AM - 9:15AM  
AquaFit

10:30AM - 12:00PM  
Lane Swim

1:00PM - 5:15PM  
Open Swim\*\*

5:30PM - 6:15PM  
AquaFit

6:30PM - 8:45PM  
Open Swim\*\*

### Thursday

6:00AM - 8:15AM  
Lane Swim

8:30AM - 9:15AM  
AquaFit

10:30AM - 12:00PM  
Lane Swim

1:15PM - 2:00PM  
AquaFit

2:15PM - 4:15PM  
Open Swim\*\*

8:15PM - 8:45PM  
Open Swim\*\*

### Friday

6:00AM - 8:15AM  
Lane Swim

8:30AM - 9:15AM  
AquaFit

10:30AM - 12:00PM  
Lane Swim

1:00PM - 4:45PM  
Open Swim\*\*

5:00PM - 5:45PM  
Water Bootcamp

6:00PM - 8:45PM  
Open Swim\*\*

### Saturday

7:00AM - 8:45AM  
Lane Swim

1:15PM - 7:45PM  
Open Swim\*\*

### Sunday

7:00AM - 8:45AM  
Lane Swim

11:15AM - 4:45PM  
Open Swim\*\*

## Therapy Pool

### Monday

7:00AM - 8:15AM  
Open Swim\*\*

9:30AM - 10:15AM  
Gentle AquaFit

10:30AM - 12:00PM  
Adult Therapy

12:00PM - 1:00PM  
Parent & Tot Swim

1:15PM - 2:00PM  
Baby Bootcamp

2:15PM - 8:45PM  
Open Swim\*\*

### Tuesday

7:00AM - 8:15AM  
Open Swim\*\*

9:30AM - 10:15AM  
Gentle AquaFit

10:30AM - 12:00PM  
Adult Therapy

12:00PM - 1:00PM  
Parent & Tot Swim

1:00PM - 4:15PM  
Open Swim\*\*

8:15PM - 8:45PM  
Open Swim\*\*

### Wednesday

7:00AM - 8:15AM  
Open Swim\*\*

9:30AM - 10:15AM  
Gentle AquaFit

10:30AM - 12:00PM  
Adult Therapy

12:00PM - 1:00PM  
Parent & Tot Swim

1:15PM - 2:00PM  
Gentle AquaFit

2:15PM - 8:45PM  
Open Swim\*\*

### Thursday

7:00AM - 8:15AM  
Open Swim\*\*

9:30AM - 10:15AM  
Gentle AquaFit

10:30AM - 12:00PM  
Adult Therapy

12:00PM - 1:00PM  
Parent & Tot Swim

1:00PM - 4:15PM  
Open Swim\*\*

8:15PM - 8:45PM  
Open Swim\*\*

### Friday

7:00AM - 8:15AM  
Open Swim\*\*

9:30AM - 10:15AM  
AquaYoga

10:30AM - 12:00PM  
Adult Therapy

12:15PM - 1:00PM  
Baby Bootcamp

1:15PM - 2:00PM  
Gentle AquaFit

2:15PM - 8:45PM  
Open Swim\*\*

### Saturday

1:15PM - 7:45PM  
Open Swim\*\*

### Sunday

8:00AM - 8:45AM  
Ability Swim

11:15AM - 4:45PM  
Open Swim\*\*

