

AQUATIC SCHEDULE

March 22 - June 15, 2026

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)

Friday, Apr. 3 7:00AM - 5:00PM
Monday, May 18



Scan QR Code for details & class descriptions

Lane Pool (25M / 4 Lanes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	7:00AM - 8:45AM Lane Swim	7:00AM - 8:45AM Lane Swim	
8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit		9:00AM - 1:00PM Swim Lessons**	9:00AM - 11:00AM Swim Lessons**
10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	1:15PM - 7:45PM Open Swim**		11:15AM - 4:45PM Open Swim**
1:00PM - 8:45PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:00PM - 5:15PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:00PM - 4:45PM Open Swim**			
	4:30PM - 8:00PM Swim Lessons**	5:30PM - 6:15PM AquaFit	4:30PM - 8:00PM Swim Lessons**	5:00PM - 5:45PM Water Bootcamp			
	8:15PM - 8:45PM Open Swim**	6:30PM - 8:45PM Open Swim**	8:15PM - 8:45PM Open Swim**	6:00PM - 8:45PM Open Swim**			



Schedules are subject to change.

Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM - 8:15AM Open Swim**	7:00AM - 8:15AM Open Swim**	1:15PM - 7:45PM Open Swim**	8:00AM - 8:45AM Ability Swim			
9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM AquaYoga		9:30AM - 11:00AM Swim Lessons**			
10:30AM - 12:00PM Adult Therapy	10:30AM - 12:00PM Adult Therapy					
12:00PM - 1:00PM Parent & Tot Swim	12:15PM - 1:00PM Baby Bootcamp					
1:15PM - 2:00PM Baby Bootcamp	1:00PM - 4:15PM Open Swim**	1:15PM - 2:00PM Gentle AquaFit	1:00PM - 4:15PM Open Swim**	1:15PM - 2:00PM Gentle AquaFit		
2:15PM - 8:45PM Open Swim**	4:30PM - 8:00PM Swim Lessons**	2:15PM - 8:45PM Open Swim**	4:30PM - 8:00PM Swim Lessons**	2:15PM - 8:45PM Open Swim**		
	8:15PM - 8:45PM Open Swim**		8:15PM - 8:45PM Open Swim**			

Aquatic Leadership Courses

Scan for details about Bronze Cross & NLS Courses being offered :

