

Indoor Pool Schedule August 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 11:30am - 3:45pm	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:00am - 7:00am	Lap/Open Swim 7:00am- 9:00am
	Open Swim 7:30am - 11:45am	Open Swim 7:30am - 9:15am	Open Swim 7:30am - 11:45am	Open Swim 7:30am - 9:15am	Swim Team/ Open Swim 7:00am - 9:15am	
	Aqua Fit (Peggy) 11:45am - 12:45pm	Aqua Fit (Jacque) 9:15am - 10:15am	Aqua Fit (Liz) 11:45am - 12:45pm	Aqua Fit (Liz) 9:15am - 10:15am	Open Swim 9:15am - 5:00pm	Swim Lessons/Lap Swim 9:00am - 12:00pm
	Open Swim 12:45pm - 5:00pm	Open Swim 10:15am - 5:00pm	Open Swim 12:45pm - 4:45pm	Open Swim 10:15am - 5:00pm		Open Swim 12:00pm - 5:45pm
	Swim Team 5:00pm - 7:35pm	Swim Team 5:00pm - 7:35pm	Swim Team/Swim Lessons 4:45pm - 7:35pm	Swim Team 5:00pm - 7:35pm		
	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm		
					Swim Team/Open Swim 5:00pm - 6:35pm	
POOL SCHEDULE SUBJECT TO CHANGE						

POOL SHUTDOWN WILL BEGIN AUGUST 24th

Outdoor Pool Schedule August 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 11:30am - 4:45pm	Open Swim 12:00pm - 7:00pm	Open Swim 12:00pm - 7:00pm	Open Swim 12:00pm - 7:00pm	Open Swim 12:00pm - 7:00pm	Open Swim 12:00pm - 7:00pm	Open Swim 12:00pm - 6:45pm
POOL SCHEDULE SUBJECT TO CHANGE DEPENDING ON WEATHER						

LAST DAY AUGUST 24TH

AQUA FIT

This low-impact class is performed in shallow water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and other equipment.