



Indoor Pool Schedule - October 2025



<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
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 6:30am - 7:30am	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	Open Swim 7:30am - 5:00pm	Swim Lessons 9:00am - 12:00pm
	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 12:00pm - 5:45pm
	Open Swim 12:45pm - 5pm	Open Swim 10:15am - 12:30pm	Open Swim 12:45pm - 4:45pm	Open Swim 10:15am - 12:30pm		
		Phys Ed Class 12:30pm - 1:30pm		Phys Ed Class 12:30pm - 1:30pm		
		Open Swim 1:30pm - 5pm		Open Swim 1:30pm - 5pm		
	Swim Team 5:00pm - 7:35pm	Swim Team 5:00pm - 7:35pm	Swim Lessons/ Swim Team 4:45pm - 7:35pm	Swim Team 5:00pm - 7:35pm	Swim Team 5:00pm - 6:35pm	
	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 6:35pm - 7:45pm	

POOL SCHEDULE SUBJECT TO CHANGE

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.

CLASS SESSION:	2 Days	3 Days	4 Days
Sept. 29th - Oct. 30th	M - \$28 / NM - \$40	M - \$42 / NM - \$60	M - \$56 / NM - \$80