Indoor Pool Schedule – November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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		
	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		Swim Lessons 9:00am – 11:35am
Open Swim 11:30am – 3:45pm	Open Swim 12:45pm – 5:00pm	Open Swim 10:15am – 5:00pm	Open Swim 12:45pm – 4:50pm	Open Swim 10:15am – 5:00pm	Open Swim 7:30am – 5:00pm	Open Swim 11:35am – 5:45pm
	Swim Team 5:00pm – 7:35pm	Swim Team 5:00pm – 7:35pm	Swim Lessons/Swim Team 4:50pm – 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
Nov 2nd – Nov 26th	M – $23 / NM – $32	M – $34 / NM – $48	M – $45 / NM – $64