



Fall/Winter 2025
September 7 - December 20

Aquatics

Monday

6:15am-7:15 am: Lane Swim
7:30am-8:30am: Aqua Fitness
8:30am-9:30am: Open Swim/ 2 Lanes
10:00am-10:45am: Adult Leisure Swim/ 2 Lanes
10:50am-11:45am: Aqua Recovery
12:00pm-1:00pm: Lane Swim/ Swim with Joanie
1:05pm-2:00pm: Lane Swim
4:00pm-7:00pm Learn to Swim (Registered Program)
Starting Sept 8th
7:00pm-8:00 pm Aqua Fit
8:15pm-9:15pm: Lane Swim

Tuesday

6:30am-7:30am: Dorados/2 Lanes
7:45am-8:45am: Open Swim/2 Lanes
8:45am-9:45am: Aqua Fitness
10:00am-10:45am: Play Pals Pool Time (5 years and under)
10:50am-11:50am: Gentle Aqua Fitness with Debbie
12:00pm-1:00pm: Lane Swim
1:10pm-2:00pm: Aqua Therapy
4:00pm-6:40pm: Learn to Swim (Registered Program/Private Lessons) Starting Sept 9th
6:50pm-7:50pm: Special Olympics
8:00pm - 9:00pm: Lane Swim

Wednesday

6:15am-7:15 am: Lane Swim
7:30am-8:30am: Aqua Fitness Classes
8:30am-9:30am: Open Swim/ 2 Lanes
10:00am-10:45am: Adult Leisure Swim/ 2 Lanes
10:50am - 11:45am: Aqua Recovery
12:00pm-1:00pm Lane Swim/ Swim with Joanie
1:05pm-2:00pm: Lane Swim
4:00pm-7:00pm Learn to Swim (Registered Program)
Starting Sept 10th
7:00pm-8:00 pm Aqua Fit
8:15pm-9:15pm Lane Swim

Registration Required

Please visit our
website to sign up



Thursday

6:30am–7:30am: Dorados/2 Lanes
7:45am–8:45am: Open Swim/2 Lanes
8:45am–9:45am: Aqua Fitness
10:00am–10:45am: Play Pals Pool Time
(5 years and under)
11:00am–12:00pm: Lane Swim
12:05pm–1:00pm: Lane Swim
1:10pm–2:00pm: Aqua Therapy
(Registered Program)
4:00pm–7:00pm: Learn to Swim (Registered
Program and Private Lessons) Starting Sept 11
7:00pm–8:00pm: Family Swim
8:15pm–9:15pm: Lane Swim

Friday

6:15am–7:15am: Lane Swim
7:30am–8:30am: Aqua Fitness
8:30am–9:30am: Open Swim
10:00am–10:45am: Adult Leisure
Swim/ 2 Lanes
10:50am–11:50am: Aqua Recovery
12:00pm–1:00pm: Lane Swim
12:00pm–1:00pm: Lane Swim with Joanie
1:05pm–2:00pm: Lane Swim
6:15pm–7:15pm: Family Open Swim
7:20pm–8:15pm: Junior Lifeguards
(Registered Program)
8:15pm–9:00pm: Lifesaving Sport
(Registered Program)

Saturday

8:15am– 9:15am Lane Swim
9:30am–2:00pm: Learn to Swim (Registered
Program and Private Lessons) Starting Sept 13
2:10pm– 2:50pm: Awesome Swim
(Autism Ability Swim, Registered Program)
3:00pm–4:00pm: Family Open Swim
4:15pm–5:15pm Family Open Swim
5:30pm–6:30pm: Pool Rental Time

Sunday

8:15am–9:15am: Lane Swim
9:30am–10:30am: Aqua Fitness
10:45am–12:35pm Swim Lessons Starting Sept 7
12:45pm–1:30pm Adult Learn to Swim
1:45pm–2:45pm Birthday Party Rental
3:00pm–4:00pm Family Open swim
4:15pm– 5:15 pm Pool Rental
5:30pm–6:30pm Family Open Swim
6:45pm–7:45pm Lane Swim

