



**Winter 2026**

**Effective January 11, 2026**

# Aquatics

## Monday

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 - 11:50am: Aqua Recovery  
12:00pm - 1:00pm: Lane Swim  
1:05pm - 2:00pm: Lane Swim/ Swim with Joanie  
1:05pm - 2:00pm: Lane Swim  
4:00pm - 7:00pm Learn to Swim  
(Registered Program) Start date Jan 5th  
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: Deep Water Aqua Fitness with Debbie  
12:00pm - 1:00pm: Lane Swim  
1:15pm - 2:05pm: Aqua Therapy  
4:00pm - 6:50pm: Learn to Swim  
(Registered Program/Private Lessons)  
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 - 11:50am: Aqua Recovery  
12:00pm - 1:00pm Lane Swim  
1:05pm - 2:00pm: Lane Swim  
4:00pm - 7:00pm Learn to Swim  
(Registered Program)  
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  
1:15pm – 2:05pm: Aqua Therapy  
(Registered Program)  
4:00pm – 7:00pm: Learn to Swim  
(Registered Program and Private Lessons)  
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  
1:05pm – 2:00pm: 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)  
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

## Sunday

8:15am – 9:15am: Lane Swim  
9:30am – 10:30am: Aqua Fitness  
10:45am – 12:35pm Swim Lessons  
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 Family Open Swim  
5:30pm – 6:30pm Aqua Fitness "New"  
6:45pm – 7:45pm Lane Swim

