

August 1st, 2026 - August 31st, 2026

Pool Activities		5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM																			
Deep Water Tue/Thu 8am-9am Sculpting Water Mon/Wed 6:00-6:45pm Aquacise M/W/F 10:30-11:25am AFYAP M/W/F 11:30am-12pm Streamline Tues 5:30-6:15 am Aqua Fit Saturdays 8:30-9:30am Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am REC SWIM MON-FRI > 12:00-8:45pm SAT/SUN: 12pm-6:45pm Rec swim hours change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for Rec Swim times. *The pool ramp area is not for children to play/swim except during swim lesson programming when applicable. *During busy lap swim times, you may be asked to share a lane. *Swimwear is required for ALL swim activities For aqua class descriptions, please see FITNESS SCHEDULE	Monday	Lane 1	LAP SWIM						REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)																												
		Lane 2																																			
		Lane 3																																			
		Lane 4																																			
		Lane 5	EXERCISE/WATER WALKING			Aqua Tabata 8:10AM-9:00AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:25AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/ WATER WALKING			Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/ WATER WALKING																					
		Lane 6																																			
		Lane 7																																			
		Lane 8																																			
	Tuesday	Lane 1	Streamline 5:30-6:15am	LAP SWIM				Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)	REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)																												
		Lane 2																																			
		Lane 3																																			
		Lane 4																																			
		Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING							Group Swim Lessons 5:30-7:30pm																							
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	Wednesday	Lane 1	LAP SWIM						REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)																												
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	Lane 8																																				
Saturday	Lane 1	OPEN AT 7AM	LAP SWIM					REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)						AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)																							
	Lane 2																																				
	Lane 3																																				
	Lane 4																																				
	Lane 5		EXERCISE/ WATER WALKING		Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING																													
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Sunday	Lane 1	OPEN AT NOON						REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)						AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)																							
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