



INDOOR POOL Schedule

Sunday, April 19 - 25, 2026
 (Schedule subject to change - check online for weekly changes)

SUNDAY 4/19

7:15—10am
4 lap, 2 open

10—12:30pm
3 lap / 3 open

12:30—1:15pm
HIIT THE H2O
3 lap

1:15—4:30pm
FAMILY SWIM
3 lap / 3 open

MONDAY 4/20

5:15—8am
4 lap, 2 open

8—9am
HIIT THE H2O
2 lap

9—1pm
3 lap, 3 open

1—2pm
Vacation Swim
3 lap

2—5:30pm
3 lap / 3 open

5:30—6:30pm
HIIT THE H2O
3 lap

6:30—8pm
4 lap, 2 open

TUESDAY 4/21

5:15—8am
4 lap, 2 open

8—9am
HYDRORIDER
3 lap / 3 open (deep only)

9—11am
3 lap / 3 open

11—11:45am
Vacation Swim
3 lap

11:45—1pm
3 lap, 3 open

1—2pm
Vacation swim
3 lap

2—8pm
4 lap, 2 open

WEDNESDAY 4/22

5:15—8am
4 lap, 2 open

8—9am
WATER WARRIORS
2 lap

9—11am
3 lap, 3 open

11—11:45am
Vacation Swim
3 lap

11:45—1pm
3 lap, 3 open

1—2pm
Vacation swim
3 lap

2—5:30pm
3 lap / 3 open

5:30—6:30pm
DRENCHED
3 lap

6:30—8pm
4 lap, 2 open

THURSDAY 4/23

5:15—8am
4 lap, 2 open

8—9am
HYDRORIDER
3 lap / 3 open (deep only)

9—11am
3 lap / 3 open

11—11:45am
Vacation Swim
3 lap

11:45—1pm
3 lap, 3 open

1—2pm
Vacation swim
3 lap

2—8pm
4 lap, 2 open

FRIDAY 4/24

5:15—8am
4 lap, 2 open

8am—9am
TIDAL TONING
2 lap

9—1pm
3 lap, 3 open

1—2pm
Vacation swim
3 open

2—8pm
4 lap / 2 open

SATURDAY 4/25

7:15—8am
4 lap, 2 open

8—9am
HYDRORIDER
3 lap, 3 open (deep only)

9—12pm
3 lap, 3 open

12—4:30pm
FAMILY SWIM
3 lap

SCAN FOR LATEST SCHEDULE



REV. 2.12.26

SIGN UP FOR POOL J-ALERTS FOR POOL UPDATES

- PLEASE SHOWER BEFORE ENTERING POOL
- NO CHILDREN in the pool during water fitness classes
- 11+ year olds accompanied by a parent may attend water fitness classes at the discretion of the instructor
- Private lessons are taught during open / lap times
- Please allow transition period between activities
- During busy times lap swimmers need to share lanes
- **Children 12 and under must have a parent present on deck**
- **Children under the age of 6 and/or wearing a floatation device must have a parent in the water**