INDOOR POOL Schedule

Effective 10.26.2026

(Schedule subject to change - check online for weekly changes)

SATURDAY

7—8am
4 lap, 2 open

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

9—10am
3 lap, 3 open

10—12pm
SWIM LESSONS
3 lap

12—4:30pm
FAMILY SWIM
3 lap, 3 open

SUNDAY

7—8:45am
4 lap, 2 open

8:45—9:45am
HYDRORIDER
3 lap, 3 open
(deep only)

10—12pm
SWIM LESSONS
3 lap

12:30—1:15pm
H2O HIIT
3 lap

1:15—4:30pm
FAMILY SWIM
3 lap, 3 open

MONDAY

5:15—8am
4 lap, 2 open

8—9am
HIIT THE H2O
1 lap

9—12pm
3 lap, 3 open

12—3:45pm
4 lap, 2 open

3:45—4:45pm
ASSP
3 lap

4:45—5:30pm
3 lap, 3 open

5:30—6:30pm
HIIT THE H2O
3 lap

6:30—8pm
4 lap, 2 open

TUESDAY

5:15—8am
4 lap, 2 open

8—9am
HYDRORIDER
3 lap, (deep only)

9—9:50am
3 lap, 3 open

10—10:30am
Early Childhood
POOL CLOSED

10:45—11:15am
SWIM LESSONS
3 lap

11—4pm
3 lap, 3 open

4—5:30pm
SWIM LESSONS/
CLUB
POOL CLOSED

5:30—6:30pm
SWIM CLUB
1 lap, 2 open

6:30—8pm
4 lap, 2 open

WEDNESDAY

5:15—8am
4 lap, 2 open

8am—9am
WATER WARRIORS
1 lap

9—9:50am
3 lap, 3 open

10—11am
Early Childhood
POOL CLOSED

11—4pm
4 lap, 2 open

4—5:30pm
Swim Lessons
3 lap

5:30—6:30pm
DRENCHED
3 lap

6:30—8pm
4 lap, 2 open

THURSDAY

5:15—8am
4 lap, 2 open

8—9am
HYDRORIDER
3 lap, (deep only)

9—9:45am
HIIT THE H2O
3 lap

10—11am
Early Childhood
POOL CLOSED

11—11:30am
SWIM LESSONS
3 lap, 3 open

11—4pm
3 lap, 3 open

4—5:30pm
SWIM LESSONS/CLUB
POOL CLOSED

5:30—6:30pm
SWIM CLUB/
HYDRORIDER
3 open, (deep only)

6:30—8pm
3 lap, 3 open

FRIDAY

5:15—8am
4 lap, 2 open

8—9am
TIDAL TONING
2 lap

9—12pm
3 lap, 3 open

12—4pm
4 lap, 2 open

4—5:30pm
SWIM LESSONS
3 lap

5:30—8pm
4 lap, 2 open

- 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
- Lifeguard may add/remove lanes as needed
- **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**

Sign Up For J-Alerts For Pool Updates / Changes

SCAN FOR LATEST SCHEDULE:

SWIM LESSON START DATES:

Sun.: 9/27 - 10/25
Tues.: 9/15 - 10/27
Wed.: 9/16 - 10/28
Thurs.: 9/17 - 10/29
Fri.: 9/18 - 10/30
Sat.: 9/19 - 10/31