



INDOOR POOL Schedule

Effective Sunday, February 22, 2026

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

SUNDAY

7:00—10am

4 lap, 2 open

10—12pm

SWIM LESSONS

3 lap

12—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

5:15—8am

4 lap, 2 open

8—9am

HIIT THE H2O

2 lap

9—12pm

3 lap, 3 open

12—4pm

4 lap, 2 open

4—5pm

AFTER

SCHOOL SWIM

3 lap

5—5:30pm

3 lap, 3 open

5:30—6:30pm

HIIT THE H2O

3 lap

6:30—8pm

3 lap, 3 open

TUESDAY

5:15—8am

4 lap, 2 open

8—9am

HYDRORIDER

3 lap / 3 open (deep only)

9—9:50am

3 lap, 3 open

9:50am—10:30am

EARLY CHILDHOOD

POOL CLOSED

10:30—12pm

3 lap, 3 open

12—4pm

4 lap, 2 open

4—5:30pm

SWIM LESSONS/CLUB

NO LANES

5:30—6:30pm

SWIM CLUB

1 lap, 2 open

6:30—8pm

3 lap, 3 open

WEDNESDAY

5:15—8am

4 lap, 2 open

8—9am

WATER WARRIORS

2 lap

9—9:50am

3 lap, 3 open

9:50am—11am

EARLY CHILDHOOD

POOL CLOSED

11:00—12pm

3 lap, 3 open

12—4pm

4 lap, 2 open

4—5:30pm

SWIM LESSONS

3 lap

5:30—6:30pm

DRENCHED

3 lap

6:30—8pm

3 lap, 3 open

THURSDAY

5:15—8am

4 lap, 2 open

8—9am

HYDRORIDER

3 lap, 3 open (deep only)

9—9:50am

3 lap, 3 open

9:50am—11am

EARLY CHILDHOOD

POOL CLOSED

11:00—12pm

3 lap, 3 open

12—4pm

4 lap, 2 open

4—5:30pm

SWIM LESSONS/CLUB

NO LANES

5:30—6:30pm

SWIM CLUB

1 lap, 2 open

6:30—8pm

3 lap, 3 open

FRIDAY

5:15—8am

4 lap, 2 open

8am—9am

TIDAL TONING

2 lap

9—12pm

3 lap, 3 open

12—4pm

4 lap, 2 open

4—5:30pm

SWIM LESSONS

3 lap

5:30pm—8pm

FAMILY SWIM

3 lap / 3 open

*Friday Swim Lessons
Begin Friday, March 20*

SATURDAY

7:00—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

- 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**

SCAN FOR LATEST SCHEDULE



SIGN UP FOR POOL J-ALERTS FOR POOL UPDATES