



INDOOR POOL Schedule

Sunday, February 15 - 21, 2026

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

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>7:15—8am</u> 4 lap, 2 open	<u>7:15—10am</u> 4 lap, 2 open	<u>5:15—8am</u> 4 lap, 2 open	<u>5:15—8am</u> 4 lap, 2 open	<u>5:15—8am</u> 4 lap, 2 open	<u>5:15—8am</u> 4 lap, 2 open	<u>5:15—8am</u> 4 lap, 2 open
<u>8—9am</u> HYDRORIDER 3 lap, 3 open (deep only)	<u>10—12:30pm</u> 3 lap / 3 open	<u>8—9am</u> HIIT THE H2O 2 lap	<u>8—9am</u> HYDRORIDER 3 lap / 3 open (deep only)	<u>8—9am</u> WATER WARRIORS 2 lap	<u>8—9am</u> HYDRORIDER 3 lap / 3 open (deep only)	<u>8am—9am</u> TIDAL TONING 2 lap
<u>9—12pm</u> 3 lap, 3 open	<u>12:30—1:15pm</u> HIIT THE H2O 3 lap	<u>9—12pm</u> 3 lap, 3 open	<u>9—10:30am</u> 3 lap / 3 open	<u>9—10:30am</u> 3 lap, 3 open	<u>9—10:30am</u> 3 lap / 3 open	<u>9—1pm</u> 3 lap, 3 open
<u>12—4:30pm</u> FAMILY SWIM 3 lap	<u>1:15—4:30pm</u> FAMILY SWIM 3 lap / 3 open	<u>12—5:30pm</u> 4 lap, 2 open	<u>10:30—11:30am</u> Vacation Swim 3 lap	<u>10:30—11:30am</u> Vacation Swim 3 lap	<u>10:30—11:30am</u> Vacation Swim 3 lap	<u>1—2pm</u> Vacation swim 3 open
		<u>5:30—6:30pm</u> HIIT THE H2O 3 lap	<u>11:30—1pm</u> 3 lap, 3 open	<u>11:30—1pm</u> 3 lap, 3 open	<u>11:30—1pm</u> 3 lap, 3 open	<u>2—8pm</u> 4 lap / 2 open
		<u>6:30—8pm</u> 4 lap, 2 open	<u>1—2pm</u> Vacation swim 1 lap, 2 open	<u>1—2pm</u> Vacation swim 3 open	<u>1—2pm</u> Vacation swim 1 lap, 2 open	
			<u>2—8pm</u> 4 lap, 2 open	<u>2—5:30pm</u> 3 lap / 3 open	<u>2—8pm</u> 4 lap, 2 open	
				<u>5:30—6:30pm</u> DRENCHED 3 lap		
				<u>6:30—8pm</u> 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
- **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 POOL J-ALERTS FOR POOL UPDATES

SCAN FOR LATEST SCHEDULE



REV. 2.12.26