

hello FALL

Pool Schedule October 2026



	MONDAY		WEDNESDAY		FRIDAY
6:00-8:15	OPEN SWIM	6:00-8:15	OPEN SWIM	6:00-8:15	OPEN SWIM
8:30-9:15	AQUA FIT	8:30-9:15	AQUA FIT	8:30-9:15	AQUA FIT
9:30-10:15	WATER BLAST	9:30-10:15	WATER BLAST	9:30-10:15	WATER BLAST
10:30-11:15	DEEP WATER	10:30-3:00 PM	OPEN SWIM	10:30-11:15	DEEP WATER
11:30-12:00 PM	LITTLE HATCHLINGS	1:30-3:30 PM	THERAPY PATIENTS OCCUPY LANE 1	11:30-7:00PM	OPEN SWIM
12:15-8:00 PM	OPEN SWIM	3:15-6:00	SWIM LESSONS OCCUPY LANES 1 & 2	7PM-8PM	BIRTHDAY RESERVATIONS
		5:30-6:00	LITTLE HATCHLINGS		
		6:15-8:00	OPEN SWIM		

GYM HOURS

MON-T HUR

5:30am-9:00pm

Friday

5:30am-8:00pm

Saturday

7:30am-5:00pm

Sunday

1:00pm-6:00pm

	TUESDAY		THURSDAY		SATURDAY
6:00-10:15	OPEN SWIM	6:00-5:30PM	OPEN SWIM	7:30-9:00	OPEN SWIM
10:30-11:00	LITTLE HATCHLINGS	1:30-3:30PM	THERAPY PATIENTS OCCUPY LANE 1	10:00-10:30AM	LITTLE HATCHLINGS
11:00-11:45	FLUID MOTION	5:45-6:30	SPLASH	10:30-4:00PM	OPEN SWIM
1:30-3:30PM	THERAPY PATIENTS OCCUPY LANE 1	6:45-8:00	OPEN SWIM	4:00-5:00	BIRTHDAY RESERVATIONS
5:45-6:30	SPLASH				
6:45-8:00	OPEN SWIM				

During all classes
two (2) lap lanes
will be available
for lap swimming

Pool Hours

MON-T HUR

6:00am-8:00pm

Friday

6:00am-7:00pm

Saturday

8:00am-4:00pm

Sunday

1:00pm-5:00pm





Class Description

1. Be 10-15 minutes before class starts because you may need equipment.
2. Class has a limited number of participants! First come first serve.

Aqua Fit: 45 min Muscle-conditioning water class alternated with low to moderate aerobic training. GREAT MUSIC, SO MUCH FUN!!!!

Deep water: 45 min Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.

Fluid Motion: 45 min Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching

Splash: 45 min Utilize water resistance to condition and tone the upper and lower body both simultaneously and isolation with punches, kicks, and jogging drills. Develop cardiovascular endurance while having fun!

Water Blast: 45 min class Uses water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use TABATA techniques to challenge your body!