

POOL SCHEDULE

August 18 – August 23, 2025



MONDAY

5:30 a.m. – 6:30 a.m.
6:30 a.m. – 8:00 a.m.
8:00 a.m. – 8:45 a.m.
8:45 a.m. – 9:30 a.m.
9:30 a.m. – 10:00 a.m.
10:15 a.m. – 5:15 p.m.
5:15 p.m. – 6:00 p.m.
6:00 p.m. – 8:00 p.m.

Master's Class (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Sore No More (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)

TUESDAY

5:30 a.m. – 6:30 a.m.
6:30 a.m. – 8:00 a.m.
8:00 a.m. – 8:45 a.m.
8:45 a.m. – 9:00 a.m.
9:00 a.m. – 9:45 a.m.
9:45 a.m. – 8:00 p.m.

Sunrise Fitness (4 Lap Lanes)
Open Swim (6 Lap Lanes)
Hydro Cuffs (3 Lap Lanes)
Class Transition
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)

WEDNESDAY

5:30 a.m. – 6:30 a.m.
6:30 a.m. – 8:00 a.m.
8:00 a.m. – 8:45 a.m.
8:45 a.m. – 9:30 a.m.
9:30 a.m. – 10:00 a.m.
10:15 a.m. – 1:00 p.m.
1:00 p.m. – 4:00 p.m.
4:00 p.m. – 5:15 p.m.
5:15 p.m. – 6:00 p.m.
6:00 p.m. – 8:00 p.m.

Master's Class (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Sore No More (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Closed (Private Lessons)
Open Swim (6 Lap Lanes)
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)

THURSDAY

5:30 a.m. – 6:30 a.m.
6:30 a.m. – 8:00 a.m.
8:00 a.m. – 8:45 a.m.
8:45 a.m. – 9:00 a.m.
9:00 a.m. – 9:45 a.m.
9:45 a.m. – 8:00 p.m.

Sunrise Fitness (4 Lap Lanes)
Open Swim (6 Lap Lanes)
Hydro Cuffs (3 Lap Lanes)
Class Transition
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)

FRIDAY

5:30 a.m. – 6:30 a.m.
6:30 a.m. – 8:00 a.m.
8:00 a.m. – 8:45 a.m.
8:45 a.m. – 9:30 a.m.
9:30 a.m. – 10:00 a.m.
10:15 a.m. – 1:00 p.m.
1:00 p.m. – 4:00 p.m.
4:00 p.m. – 6:00 p.m.
6:00 p.m. – 8:00 p.m.

Master's Class (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Water Fitness (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Sore No More (3 Lap Lanes)
Open Swim (6 Lap Lanes)
Closed (Private Lessons)
Closed (Swim Team)
Open Swim (6 Lap Lanes)

SATURDAY

7:00 a.m. – 9:00 a.m.
9:00 a.m. – 10:00 a.m.
10:00 a.m. – 11:00 a.m.
11:00 a.m. – 12:00 p.m.
12:00 p.m. – 1:00 p.m.

Open Swim (6 Lap Lanes)
Swim Lessons (3 Lap Lanes, no open)
Swim Lessons (Open swim, 0 lap lanes)
Swim Team (Open swim, 0 lap lanes)
Open Swim (6 Lap Lanes)

SUNDAY

7:00 a.m. – 10:00 a.m.
10:00 a.m. – 2:00 p.m.

Closed (Private Lessons)
Open Swim (6 Lap Lanes)

SWIM LESSONS

Is your child uncomfortable in the water?
Are they older but never learned proper water safety?
We offer a variety of swim lessons for every skill level!
Whether it's private, as a group, or even parent and child,
our instructors are eager to share their love of the pool
with you! If you're interested then simply scan the QR
code or talk with our aquatics director Kathy Stilson!

