



LAP SWIM						
*Private swim lessons will utilize a lap lane as needed.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00a-9:00a (3 Lanes)	6:00a-10:00a (3 Lanes)	6:00a-9:00a (3 Lanes)	6:00a-10:00a (3 Lanes)	6:00a-9:00a (3 Lanes)	8:00a-1:30p (3 Lanes)	
9:00a-11:00a (2 Lanes)	9:00a-10:00a (2 Lanes)	9:00a-11:00a (2 Lanes)	9:00a-10:00a (2 Lanes)	9:00a-10:00a (2 Lanes)		
11:00a-1:30p (3 Lanes)	10:00a-1:30p (3 Lanes)	11:00a-1:30p (3 Lanes)	10:00a-1:30p (3 Lanes)	10:00a-1:30p (3 Lanes)		
1:30p-4:00p POOL CLOSED						
4:00p-7:30p (3 Lanes)	4:00p-7:30p (3 Lanes)	4:00p-7:30p (3 Lanes)	4:00p-7:30p (3 Lanes)	4:00p-7:30p (3 Lanes)		
WATER EXERCISE						
Shallow Water Fitness 9:00a-9:45a (3 Lanes)	Shallow Water Fitness 9:00a-10:00a (3 Lanes)	Shallow Water Fitness 9:00a-9:45a (3 Lanes)	Shallow Water Fitness 9:00a-10:00a (3 Lanes)	Aqua Stand Up 9:00a-9:45a (3 Lanes)		
Arthritis Water Movement 10:00a-10:45a (3 Lanes)		Arthritis Water Movement 10:00a-10:45a (3 Lanes)				
OPEN SWIM						
6:00a-9:00a (2 Lanes)	6:00a-10:00a (2 Lanes)	6:00a-9:00a (2 Lanes)	6:00a-10:00a (2 Lanes)	6:00a-9:00a (2 Lanes)	8:00a-1:30p (2 Lanes)	
9:00a-11:00a NO LANES	9:00a-10:00a NO LANES	9:00a-11:00a NO LANES	9:00a-10:00a NO LANES	9:00a-10:00a NO LANES		
11:00a-1:30p (2 Lanes)	11:00a-1:30p (2 Lanes)	11:00a-1:30p (2 Lanes)	11:00a-1:30p (2 Lanes)	10:00a-1:30p (2 Lanes)		
4:00p-7:30p (2 Lanes)	4:00p-7:30p (2 Lanes)	4:00p-7:30p (2 Lanes)	4:00p-7:30p (2 Lanes)	4:00p-7:30p (2 Lanes)		

Pool Rules

- Shower before entering the pool.
- Do not enter the pool if you have a skin or communicable disease.
- No running, pushing, horseplay, or foul language.
- Proper swim suit required (no cut-offs, sports bras, gym shorts, etc.).
- Only USCG approved personal floatation devices are allowed in pool.
- Hanging on the lane lines, ladders, and starting blocks is not permitted.
- Running on the pool deck, in the hallways, or locker rooms is not permitted.
- All swimmers age 16 and under must pass swim test to swim in deep end.
- No diving in the shallow end.
- Breath-holding activities are not permitted in Y pools.

Pool Hours

Monday - Friday

6:00a-1:30p

4pm - 7:30pm

Saturday

8:00a-1:30p