



## **Aquatics Schedule**

October, November & **December** 

2025

	Wellness (	Lenter	1/ /			December	
				LAP POOL			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 - 9am Adult Open Swim	5:30 - 9 am Adult Open Swim	5:30 - 9am Adult Open Swim	5:30 - 9am Adult Open Swim	5:30 - 9am Adult Open Swim	7:30am - 9am Adult Open Swim	8 - 9am Adult Open Swim
	9am - 3pm Family/Adult Open Swim 12-1pm Adult Duckies 2-4 lanes	9am - 3pm Family/Adult Open Swim	9am - 3pm Family/Adult Open Swim	9 am - 3pm Family/Adult Open Swim	6-7am Adult Duckies 2-4 lanes 10 am - 3pm Family/Adult Open Swim	9:15am - 12:30pm Swim Lessons 2 Lanes 9 am - 2:45 pm Family/Adult Open Swim	9 am - 2:45 pm Family/Adult Open Swim
	2-4 (4)(5)	Mentor Swim Team 3pm-6pm ALL LANES	Mentor Swim Team 3pm-6pm ALL LANES	Mentor Swim Team 3pm-6pm ALL LANES	Open Swiii	Open Swiin	
	Mentor Swim Team 3pm-6pm ALL LANES	Swim Lessons 1-2 lanes 6p-7p	6:30pm-7:30pm Adult Duckies 2-4 lanes	Swim Lessons 1-2 lanes 6p-7p			
	Mentor Swim Team Make up Practice 7pm- 8:45pm 1-3 Lanes	Mentor Swim Team Make up Practice 7pm- 8:45pm 1-3 Lanes	Mentor Swim Team Make up Practice 7pm-8:45pm 1-3 Lanes	Mentor Swim Team Make up Practice 6pm- 7:45pm 1-3 Lanes	Mentor Swim Team 3pm-6pm ALL LANES		
	6 - 8:45pm Family/Adult Open Swim	6 - 8:45pm Family/Adult Open Swim	6 - 8:45pm Family/Adult Open Swim	6 - 7:45pm Family/Adult Open Swim	6 - 7:45pm Family/Adult Open Swim		
ool oses:	8:45pm	8:45pm	8:45pm	7:45pm	7:45pm	2:45pm	2:45pm
cility oses:	9pm	9pm	9pm	8pm	8pm	3pm	3pm
			REC	REATION POC	)L		
	5:30 - 8am Adult Open Swim	5:30 - 8am Adult Open Swim	5:30 - 8am Adult Open Swim	5:30 - 8am Adult Open Swim	5:30 - 8am Adult Open Swim	8 - 8:15am Adult Open Swim	8 - 9am Adult Open Swin
	8:15 - 11am Group Ex Classes*	8:15 - 10 am Group Ex Classes*	8:15 - 11am Group Ex Classes*	8:15 - 10 am Group Ex Classes*	8:15 - 11am Group Ex Classes*	8:15 - 11:30am Group Ex Classes*	9am - 2:45pm Family/Adult Open Swim
	11am - 3pm Family/Adult Open Swim	10am - 12pm Swim Lessons	11am - 3pm Family/Adult Open Swim	10am - 12pm Swim Lessons	11am - 7:45pm Family/Adult Open Swim	11:30am - 2:45pm Family/Adult Open Swim	
	3 - 5:30pm Adult Open Swim	12 - 12:45pm Healing Waters	3 - 5:30pm Adult Open Swim	12 - 12:45pm Healing Waters		THERAPY POOL	
	5:30 - 7:20pm	12:45 - 3pm Family/Adult	5:30 - 7:20pm	12:45 - 3pm Family/Adult		Monday & Wednesday	5:30 - 7:30am, 6:30pm - 8:45pm
	Group Ex Classes*	Open Swim	Group Ex Classes*	Open Swim		Tuesday	5:30 - 7:30am 6:25 - 8:45pm
	7:20 - 8:45pm Family/Adult	3 - 4:30pm Adult Open Swim	7:20 - 8:45pm Family/Adult	3 - 4:30pm Adult Open Swim		Thursday	5:30 - 7:30am; 6:25 - 7:45pm

THER	THERAPY POOL				
Monday &	5:30 - 7:30am,				
Wednesday	6:30pm - 8:45pm				
Tuesday	5:30 - 7:30am				
Tuesday	6:25 - 8:45pm				
	5:30 - 7:30am;				
Thursday	6:25 - 7:45pm				
Friday	5:30 - 7:30am,				
Friday	4:30 - 7:45pm				
	8:00am-2:45pm				
Saturday &	(swim lesson on				
Sunday	Saturdays from				
	8am-12pm)				

\*See GroupEX schedule for details

Pool Closes: Facility Closes:

8:45pm

9pm

8:45pm

9pm

4:30 - 6:30pm

**Swim Lessons** 

**Healing Waters** 

6:30 - 7:25pm Aqua Zumba

5:35pm

8:45pm 9pm

Open Swim 7:45pm 8pm

4:30 - 6:30pm

**Swim Lessons** 

6:30 - 7:25pm

Aqua Zumba

5:35pm **Healing Waters** 

> 7:45pm 8pm

2:45pm 3pm

2:45pm 3pm