## October 1 – 12 , 2025

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **ADULT SWIM** | 7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am  – 1:00 pm | 7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm | 7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm | 7:00 am – 8:00 am 9:00 am – 10:00 am 11:30 am – 1:00 pm | 7:00 am – 9:00 am 11:30 am – 1:00 pm | 8:00 am – 8:45 am | 9:00 am – 10:00 am |
| **FAMILY SWIM** | 10:15 am – 11:15 am 6:45 pm  – 8:30 pm | 6:45 pm – 8:30 pm | 10:15 am – 11:15 am 6:45 pm – 8:30 pm | 6:45 pm – 8:30 pm | 9:00 am – 11:00 am 4:30 pm – 7:30 pm | 11:15 am – 3:30 pm | 10:15 am – 1:45 pm 1:55 pm – 3:30 pm |
| **OPEN SWIM** |  |  |  |  |  |  |  |
| **WATER EXERCISE** | 8:15 am – 9:00 am | 8:15 am – 9:00 am | 8:15 am – 9:00 am | 8:15 am – 9:00 am |  |  |  |
| **SWIM LESSONS** | 4:30 pm – 6:30 pm | 10:30 am – 11:00 am 4:30pm – 6:30 pm | 4:30 pm – 6:30 pm | 1:00 pm – 2:00 pm 4:30 pm – 6:30 pm |  | 9:00 am – 11:00 am |  |
| **GROWING TREE SWIM LESSONS** |  |  |  | 10:30 am – 11:00 am 3:00 pm – 3:30 pm |  |  |  |

**Adult Swim:** During this time the pool is available for those who are ages 16 and older to use.

**Family Swim:** During this time, the Activity Pool will be available for families to use. Parents/Adults must be in the pool area with their children during this time (ages 16 & under). Any child under the age of 7 must have a parent/adult in the water with them – this includes the Splash Area of the pool.

**Open Swim:** During this time, the Activity Pool will be available to all members. Children ages 6 and under will require a parent/adult in the water with them at all times; children ages 7 – 12 will require a parent/adult to be either in the pool or on the pool deck at all times; ages 13 – 16 require no parent/adult. We will try to offer the lily pads and/or slide during these times.

**Swim Lessons:** During this time, the only activity being held in the pool will be swim lessons. Participants must be pre-registered to attend lessons. The Splash Area of the pool is closed during this time.

**Growing Tree Swim Lessons:**  During this time, the Activity Pool is only available for this program. All participants must be pre-registered.

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class. All participants should pre-register for classes. **There is a class limit.**

**OCTOBER 26: NO FAMILY SWIM TIME. POOLTAKULAR EVENT from 1 – 3 pm. Pre-registration is required.**

***Schedule is subject to change. Check our app for updates to the schedule.**

Updated 10/2/2025

# LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT ®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

## October 1 – 12, 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **LAP SWIM – 4 lanes available** | 5:00 am – 8:45 am 11:00 am – 4:15 pm | 5:00 am – 10:30 am 11:00 am – 4:15 pm | 5:00 am – 8:45 am 11:00 am – 4:15 pm | 5:00 am – 4:15 pm | 5:00 am – 8:45 am 11:00 am – 4:15 pm | 6:00 am – 8:55 am | 8:00 am – 10:00 am |
| **LAP SWIM –3 lanes available** | 10:00 am – 11:00 am 7:30 pm – 8:45 pm | 6:45 pm – 8:45 pm | 10:00 am – 11:00 am 7:30 pm – 8:45 pm | 6:30 pm – 8:45 pm | 9:00am – 11:00 am 4:30 pm – 7:45 pm | 11:00 am – 3:45 pm | 10:00am – 3:45 pm |
| **LAP SWIM – 2 lanes available** | | | | | | 9:45 am – 11:00 am | |
| **LAP SWIM –1 lane available** | 4:30 pm – 6:30 pm | 4:30 pm – 5:45 pm | 4:30 pm – 6:30 pm | 4:30 pm – 6:30 pm | | | |
| **WATER EXERCISE** | 9:00 am – 9:45 am | 5:45 pm –6:45 pm | 9:00 am – 9:45 am | | | | |
| **SWIM LESSONS** | 4:30 pm – 6:00 pm | 4:30 pm – 5:45 pm | 4:30 pm – 6:30 pm | 4:30 pm– 5:45 pm | | 9:00 am – 11:00 am | |
| **AQUATIC CONDITIONING FOR YOUTH** | 6:30 pm – 7:30 pm | | 6:30 pm – 7:30 pm | | | | |

**Lap Swim:**

* There may be times where 1 – 3 lanes may be unavailable due to swim testing or other programming in the pool. This is reflected above.

**Swim Lessons:** During this time our swim lesson program may utilize the lap pool. We will try to have at least 1 lane available for use.

**Aquatic Conditioning for Youth:** This is a program designed for youth who have completed our swim lesson program and may not be quite ready for swim team. This program focuses on endurance and stroke technique. During this time the pool is only open to those participating in this program. Participants must be pre–registered for this program.

**Water Exercise:** During this time, the pool is only open to those participating in the fitness class. All participants should pre–register for classes. There is a class limit.

**Schedule is subject to change. Check our app for updates to the schedule.**