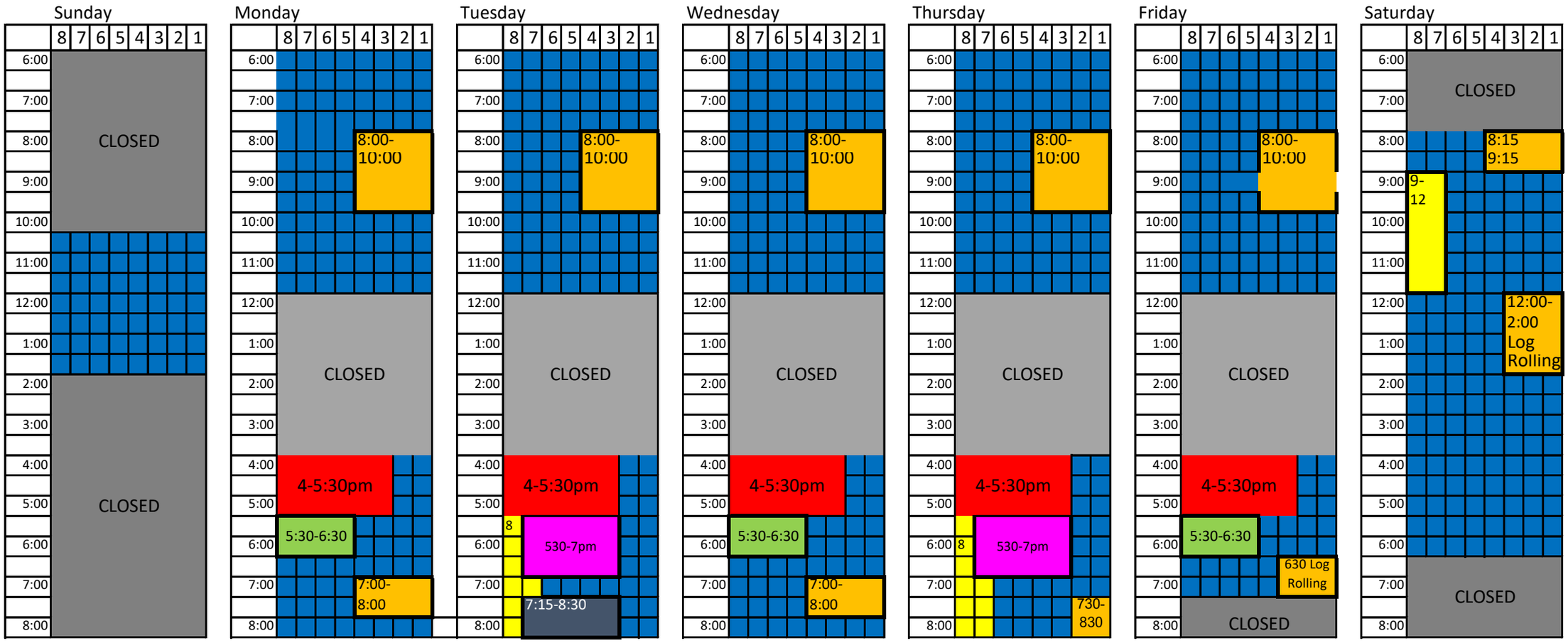
Lap Pool Schedule - *v10.17.24*



Lap lane availability is subject to change and not always guaranteed. Rentals, programs, special events, swim meets, or maintenance may reduce lap lane availability.

Due to limited lap lane availability, sharing lanes and circle swimming may be required.

Water Aerobics

Aqua Therapy (Dave)
Monday - Friday 8 - 9 am
Shallow Water (Lisa/Carol/Christi/Linda)
Monday - Friday 9 - 10 am
Aqua Zumba (Jessica & Addy)
Wednesday 7 - 8pm & Saturday 815 - 915am
tAQUAta (Jessica)
Monday 7 - 8pm
Deep Water (Katherine)
Thursday 7:30-8:30pm
Log Rolling (Dave)
Friday 6:30pm-7:30pm & Saturday 12 - 2pm

KEY

- Lap Swim
- Swim Team
- Water Aerobics
- Lane Rental
- SWIM TEAM
- Swim Lesson
- Drop-in Water Polo