

August 4, 2025 – August 10, 2025

MONDAY, AUGUST 4

Summer Groups will be in the Rec Pool 12-230pm

Rec Pool

Water Fitness

7-745am
745-830am
530-630pm

Lap Swim & Water

Walking

Time	Lanes
6-7am	4
7-830am	2
830-10am	3
10-1030am	2
1030am-12pm	3
12-2pm	2
2-230pm	1
230-430pm	2
430-530pm	3
530-7pm	1

Senior Open Swim

9am-12pm

Family Swim

230-4pm

Training Pool

Lap Swim

50 meter Lanes (LCM)

Time	Lanes
6-8am	7
8am-12pm	6
12-1230pm	7
1230-2pm	8
2-4pm	7
4-5pm	6
5-6pm	8
6-7pm	6

25 meter Lanes (SCM)

Time	Lanes
6-8am	2
8-915am	0
915am-7pm	2

Deep Water Fitness

815-915am

TUESDAY, AUGUST 5

Summer Groups will be in the Rec Pool 12-230pm

Rec Pool

Water Fitness

7-745am
745-830am
530-615pm
615-7pm

Lap Swim & Water

Walking

Time	Lanes
6-7am	4
7-830pm	2
830-10am	3
10-1030am	2
1030am-12pm	3
12-2pm	2
2-230pm	1
230-530pm	2
530-7pm	1

Senior Open Swim

9am-12pm

Family Swim

230-4pm

Reach One Veteran

7-8am

Training Pool

Lap Swim

50 meter Lanes (LCM)

Time	Lanes
6-8am	8
8-9am	7
9am-12pm	6
12-1230pm	7
1230-2pm	8
2-3pm	7
3-5pm	6
5-6pm	7
6-7pm	4

25 meter Lanes (SCM)

Time	Lanes
6am-7pm	2

WEDNESDAY, AUGUST 6

Summer Groups will be in the Rec Pool 12-230pm

Rec Pool

Water Fitness

7-745am
745-830am
530-630pm

Lap Swim & Water

Walking

Time	Lanes
6-7am	4
7-830am	2
830-10am	3
10-1030am	2
1030am-12pm	3
12-2pm	2
2-230pm	1
230-430pm	2
430-530pm	3
530-7pm	1

Senior Open Swim

9am-12pm

Family Swim

230-4pm

Training Pool

Lap Swim

50 meter Lanes (LCM)

Time	Lanes
6-8am	7
8am-12pm	6
12-1230pm	7
1230-2pm	8
2-4pm	7
4-5pm	6
5-6pm	8
6-7pm	7

25 meter Lanes (SCM)

Time	Lanes
6am-430pm	2
430-530pm	1
530-7pm	2

THURSDAY, AUGUST 7

Summer Groups will be in the Rec Pool 12-230pm

Rec Pool

Water Fitness

7-745am
745-830am
530-615pm
615-7pm

Lap Swim & Water

Walking

Time	Lanes
6-7am	4
7-830pm	2
830-10am	3
10-1030am	2
1030am-12pm	3
12-2pm	2
2-230pm	1
230-530pm	2
530-7pm	1

Family Swim

230-4pm

Senior Open Swim

9am-12pm

Reach One Veteran

7-8am

Training Pool

Lap Swim

50 meter Lanes (LCM)

Time	Lanes
6-10am	7
10am-12pm	6
12-1230pm	7
1230-2pm	8
2-3pm	7
3-5pm	6
5-6pm	7
6-7pm	4

25 meter Lanes (SCM)

Time	Lanes
6am-7pm	2

FRIDAY, AUGUST 8**Rec Pool****Water Fitness**

745-845am

845-930am

Lap Swim & Water**Walking**

<u>Time</u>	<u>Lanes</u>
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6-7am 4

7-830am 2

830-9am 4

9am-3pm 3

Family Swim

1-3pm

Senior Open Swim

9am-12pm

Training Pool**Lap Swim****50 meter Lanes (LCM)**

<u>Time</u>	<u>Lanes</u>
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6-630am 5

630-730am 4

730-10am 7

10am-7pm 8

25 meter Lanes (SCM)

<u>Time</u>	<u>Lanes</u>
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6am-7pm 2

SATURDAY, AUGUST 9**Rec Pool****Water Fitness**

915-10am

10-1045am

Lap Swim & Water**Walking**

<u>Time</u>	<u>Lanes</u>
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7-8am 4

8-915am 3

915-1045am 1

1045am-3pm 3

Family Swim

1-3pm

Training Pool**Lap Swim****50 meter Lanes (LCM)**

<u>Time</u>	<u>Lanes</u>
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7-8am 8

8-9am 7

9-10am 6

10am-12pm 8

12-1pm 7

1-2pm 6

2-3pm 4

3-5pm 6

25 meter Lanes (SCM)

<u>Time</u>	<u>Lanes</u>
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7am-5pm 2

SUNDAY, AUGUST 10**CLOSED**