

July 28, 2025 – August 3, 2025

MONDAY, JULY 28

Summer Groups will be in the Rec Pool 130-230pm

<u>Rec Pool</u>		<u>Training Pool</u>	
Water Fitness		Lap Swim	
7-745am		50 meter Lanes (LCM)	
745-830am		Time	Lanes
530-630pm		6-730am	5
		730-930am	7
		930-10am	8
		10-1030am	7
		1030am-1230pm	6
		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-4pm	2
		4-530pm	1
		530-7pm	2
		Deep Water Fitness	
		815-915am	
Senior Open Swim			
9am-12pm			
Family Swim			
230-4pm			

TUESDAY, JULY 29

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

<u>Rec Pool</u>		<u>Training Pool</u>	
Water Fitness		Lap Swim	
7-745am		50 meter Lanes (LCM)	
745-830am		Time	Lanes
530-615pm		6-730am	6
615-7pm		730-9am	8
		9-10am	7
		10am-1230pm	6
		1230-2pm	8
		2-6pm	7
		6-7pm	4
		25 meter Lanes (SCM)	
		Time	Lanes
		6am-530pm	2
		530-7pm	1
		Senior Open Swim	
9am-12pm			
Family Swim			
230-4pm			
Reach One Veteran			
7-8am			

WEDNESDAY, JULY 30

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

<u>Rec Pool</u>		<u>Training Pool</u>	
Water Fitness		Lap Swim	
7-745am		50 meter Lanes (LCM)	
745-830am		Time	Lanes
530-630pm		6-730am	5
		730-930am	7
		930-10am	8
		10-1030am	7
		1030am-1230pm	6
		1230-1pm	8
		1-4pm	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
Senior Open Swim			
9am-12pm			
Family Swim			
230-4pm			

THURSDAY, JULY 31

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

<u>Rec Pool</u>		<u>Training Pool</u>	
Water Fitness		Lap Swim	
7-745am		50 meter Lanes (LCM)	
745-830am		Time	Lanes
530-615pm		6-730am	6
615-7pm		730-9am	8
		9-10am	7
		10am-1230pm	6
		1230-2pm	8
		2-6pm	7
		6-7pm	4
		25 meter Lanes (SCM)	
		Time	Lanes
		6am-7pm	2
		Family Swim	
230-4pm			
Senior Open Swim			
9am-12pm			
Reach One Veteran			
7-8am			

FRIDAY, AUGUST 1**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-1230pm 2

1230-3pm 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 2**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

1-4pm 6

4-430pm 7

430-5pm 8

25 meter Lanes (SCM)

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

SUNDAY, AUGUST 3**CLOSED**