

# August 11, 2025 – August 17, 2025

## MONDAY, AUGUST 11

Summer Groups will be in the Rec Pool 12-1pm

### 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
12-1pm	2
1-2pm	4
2-230pm	3
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
6-730am	5
730am-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
6am-7pm	2

## TUESDAY, AUGUST 12

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
12-1pm	2
1-2pm	4
2-230pm	3
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	6
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 13

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	5
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-7pm	2

## THURSDAY, AUGUST 14

### 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
1030-1130am	3
1130am-2pm	4
2-230pm	3
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
6-730am	5
730-9am	8
9-10am	7
10am-12pm	6
12-1230pm	7
1230-2pm	8
2-6pm	7
6-7pm	4

##### 25 meter Lanes (SCM)

Time	Lanes
6am-7pm	2

**FRIDAY, AUGUST 15****Rec Pool****Water Fitness**

745-845am

845-930am

**Lap Swim & Water****Walking**

<u>Time</u>	<u>Lanes</u>
6-730am	4
730-930am	2
930am-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>
6-730am	5
730am-7pm	8
730-10am	7
10am-7pm	8

**25 meter Lanes (SCM)**

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

**SATURDAY, AUGUST 16****Rec Pool****Water Fitness**

915-10am

10-1045am

**Lap Swim & Water****Walking**

<u>Time</u>	<u>Lanes</u>
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>
7-9am	8
9-930am	7
930am-12pm	8
12-1pm	7
1-2pm	6
2-3pm	4
3-4pm	6
4-430pm	7
430-5pm	8

**25 meter Lanes (SCM)**

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

**SUNDAY, AUGUST 17****CLOSED**