

# August 18, 2025 – August 24, 2025

## MONDAY, AUGUST 18

The Training Pool will be flipped cto short course yards (25 yard lanes) this morning. The Competition Pool will be open for lap swimming during the flip. It will still be 50 meter lanes.

**Deep Water Fitness will be in the Dive Well today!**

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-830am	2
830am-1pm	4
1-3pm	3
3-530pm	3
530-7pm	2

#### Senior Open Swim

9am-12pm

#### Family Swim

1-3pm

### Dive Well

#### Deep Water Fitness

815-915am

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
1130am-5pm	11
6-7pm	8

##### 4' Deep Lanes (SCY)

Time	Lanes
1130am-4pm	8
4-430pm	7
430-630pm	0
630-7pm	8

### Competition Pool

#### Lap Swim

##### 50 meter Lanes (LCM)

Time	Lanes
6-730am	5
730am-12pm	8

## TUESDAY, AUGUST 19

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-830pm	2
830am-1pm	4
1-3pm	3
3-530pm	4
530-7pm	2

#### Senior Open Swim

9am-12pm

#### Family Swim

1-3pm

#### Reach One Veteran

7-8am

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
6-730am	7
730am-530pm	11
530-6pm	3
6-630pm	1
630-7pm	9

##### 4' Deep Lanes (SCY)

Time	Lanes
6am-4pm	8
4-430pm	7
430-530pm	0
530-6pm	8
6-7pm	4

## WEDNESDAY, AUGUST 20

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-830am	2
830am-1pm	4
1-3pm	3
3-530pm	4
530-7pm	2

#### Senior Open Swim

9am-12pm

#### Family Swim

1-3pm

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
6-730am	5
730am-430pm	11
430 - 7pm	9

##### 4' Deep Lanes (SCY)

Time	Lanes
6am-4pm	8
4-430pm	7
430-630pm	0
630-7pm	8

## THURSDAY, AUGUST 21

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-830pm	2
830am-1pm	4
1-3pm	3
3-530pm	4
530-7pm	2

#### Family Swim

1-3pm

#### Senior Open Swim

9am-12pm

#### Reach One Veteran

7-8am

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
6-730am	7
730am-530pm	11
530-6pm	3
6-630pm	1
630-7pm	9

##### 4' Deep Lanes (SCY)

Time	Lanes
6am-4pm	8
4-430pm	7
430-530pm	0
530-6pm	8
6-7pm	2

**FRIDAY, AUGUST 22****Rec Pool****Water Fitness**

745-845am

845-930am

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

<u>Time</u>	<u>Lanes</u>
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6-730am 4

730-930am 2

930am-1pm 4

1-3pm 3

**Family Swim**

1-3pm

**Senior Open Swim**

9am-12pm

**Training Pool****Lap Swim****7' Deep Lanes (SCY)**

<u>Time</u>	<u>Lanes</u>
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6-730am 5

730am-430pm 11

430 - 7 pm 9

**4' Deep Lanes (SCY)**

<u>Time</u>	<u>Lanes</u>
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6am-4pm 8

4-430pm 7

430-630pm 0

630-7pm 8

**SATURDAY, AUGUST 23****Rec Pool****Water Fitness**

915-10am

10-1045am

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

<u>Time</u>	<u>Lanes</u>
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7-9am 4

9-11am 2

11am-1pm 4

**Training Pool****Lap Swim****7' Deep Lanes (SCY)**

<u>Time</u>	<u>Lanes</u>
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7am-10am 9

10am - 5pm 11

**4' Deep Lanes (SCY)**

<u>Time</u>	<u>Lanes</u>
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7am-2pm 8

2-3pm 6

3-430pm 7

430-5pm 8

**SUNDAY, AUGUST 24****CLOSED**