

AUG 10, 2026 – AUG 16, 2026

MONDAY, AUGUST 10

TRAINING POOL CLOSED FOR MAINTENANCE.
COMPETITION POOL OPEN (≥9' depth)

Rec Pool

Water Fitness

745 - 845am
845 - 945am
530-630pm

Competition Pool

See **Rec Pool** for water walking & shallow water availability

Lap Swim

50 Meter Lanes (LCM)

6 - 815am	7
815am - 12pm	8
12 - 1pm	7
1 - 3pm	8
3 - 430pm	7
430 - 5pm	3
5 - 6pm	4
6 - 7pm	2

Senior Discount

9am-12pm

Deep Water Fitness

9am-10am

Lap Swim & Water Walking

Time	Lanes
6 - 745am	4
745 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 4pm	4
4pm - 530pm	3
530 - 615pm	1
615 - 7pm	4

Senior Discount

9am-12pm

Family Swim

1-3pm

TUESDAY, AUGUST 11

TRAINING POOL CLOSED FOR MAINTENANCE.
COMPETITION POOL OPEN (≥9' depth)

Rec Pool

Water Fitness

745-830am
830-930am
530-615pm
615-7pm

Competition Pool

See **Rec Pool** for water walking & shallow water availability

Lap Swim

50 Meter Lanes (LCM)

6 - 8am	5
8 - 845am	8
845 - 930am	6
930am - 3pm	8
3 - 4pm	7
4 - 430pm	6
430 - 5pm	2
5 - 6pm	3
6 - 7pm	1

Senior Discount

9am-12pm

Lap Swim & Water Walking

Time	Lanes
6 - 7am	2
7 - 745am	4
745 - 930am	2
930am - 12pm	3
12 - 3:15pm	4
315-430pm	3
430 - 530pm	2
530 - 7pm	1

Senior Discount

9am-12pm

Family Swim

1-3pm

Reach One

Veteran

6-7am

WEDNESDAY, AUGUST 12

TRAINING POOL CLOSED FOR MAINTENANCE.
COMPETITION POOL OPEN (≥9' depth)

Rec Pool

Water Fitness

745-845am
845-945am
530-630pm

Competition Pool

See **Rec Pool** for water walking & shallow water availability

Lap Swim

50 Meter Lanes (LCM)

6 - 815am	7
815am - 12pm	8
12 - 1pm	7
1 - 3pm	8
3 - 430pm	7
430 - 5pm	2
5 - 7pm	3

Senior Discount

9am-12pm

Lap Swim & Water Walking

Time	Lanes
6 - 745am	4
745 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 1pm	4
1-145pm	2
145 - 530pm	4
530 - 615pm	1
615 - 7pm	4

Senior Discount

9am-12pm

Family Swim

1-3pm

THURSDAY, AUGUST 13

TRAINING POOL CLOSED FOR MAINTENANCE.
COMPETITION POOL OPEN (≥9' depth)

Rec Pool

Water Fitness

745-830am
830-930am
530-615pm
615-7PM

Competition Pool

See **Rec Pool** for water walking & shallow water availability

Lap Swim

50 Meter Lanes (LCM)

6 - 8am	5
8 - 9am	8
9 - 10am	6
10am - 3pm	8
3 - 4pm	7
4 - 430pm	6
430 - 5pm	2
5 - 6pm	3
6 - 7pm	1

Senior Discount

9am-12pm

Lap Swim & Water Walking

Time	Lanes
6 - 7am	2
7 - 745am	4
745 - 9:30am	2
930am - 12pm	3
12 - 3:15pm	4
315-430pm	3
430 - 530pm	2
530 - 7pm	1

Senior Discount

9am-12pm

Family Swim

1-3pm

Deep Water Fitness

9am-10am

FRIDAY, AUGUST 14

TRAINING POOL CLOSED FOR MAINTENANCE.

COMPETITION POOL OPEN (≥9' depth)

Rec Pool**Competition Pool****Water Fitness**

745-845am

845-930am

Lap Swim & Water Walking

Time	Lanes
6 - 730am	4
745 - 930am	2
930am - 2pm	4
2 - 3pm	3
3 - 620pm	0

Family Swim

1-3pm

Pool Closed for conversion to Short Course from 730am-9am.
See Rec Pool/Dive Well for Lap Swim Availability

Lap Swim**50 Meter Lanes (LCM)**

6 - 730am 5

25 Yard Lanes (SCY)

9am - 12pm 8

12 - 3pm 20

3 - 5pm 19

5 - 7pm 20

Dive Well**Lap Swim****25 Yard Lanes (SCY)**

730 - 9am 7

Senior Discount

9am-12pm

Deep Water Fitness

12pm-1pm

SATURDAY, AUGUST 15

TRAINING POOL CLOSED FOR MAINTENANCE.

COMPETITION POOL OPEN (≥9' depth)

Rec Pool**Competition Pool****Water Fitness**

915-10am

10-1045am

Lap Swim & Water Walking

Time	Lanes
7 - 815am	4
815 - 915am	3
915 - 1045am	1
1045am - 5pm	3

See **Rec Pool** for water walking & shallow water availability**Lap Swim****25 Yard Lanes (SCY)**

7 - 11am 20

11am - 240pm 18

240 - 5pm 20

SUNDAY, AUGUST 16

TRAINING POOL CLOSED FOR MAINTENANCE.

COMPETITION POOL OPEN (≥9' depth)

Rec Pool**Competition Pool**See **Rec Pool** for water walking & shallow water availability**Lap Swim****25 Yard Lanes (SCY)**

10am - 5pm 20

Lap Swim & Water Walking

Time	Lanes
10am - 5pm	3