Lap Pool Schedule 2026

Endeavor Health Fitness & Wellness Center

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 9:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	
6:00 AM	6:00 - 9:10 AM OPEN SWIM 5 lanes						6:00 - 9:10 AM OPEN SWIM Share with Alligator Aquatics 6:00 - 7:30 a.m. 2 Lanes
7:00 AM							
8:00 AM		8:15 - 9:00 AM Aqua Intervals 1 lane	8:15 - 9:00 AM Aqua Tone 1 lane		8:15 - 9:00 AM Power Waves 1 lane	8:15 - 9:00 AM Sea Surprise 1 lane	
9:00 AM	9:15-10:00 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Intervals 1 lane	9:15 - 10:00 AM Aqua Mix 1 lane	9:15 - 10:00 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Interval 1 lane	9:15-10:00 AM Sea Surprise 1 lane
10:00 AM	OPEN SWIM 10:15 AM - 1:00 PM Share w/ Private Swim Lessons $ Up to 3 Lanes	10:05 AM - 12:10 PM OPEN SWIM 5 lanes	10:05 - 11:10 AM OPEN SWIM 5 lanes	10:05 AM - 12:10 PM OPEN SWIM 5 lanes	10:05 AM - 5:10 PM OPEN SWIM 5 lanes	10:05 AM - 12:10 PM OPEN SWIM 5 lanes	OPEN SWIM 10:15 AM - 1:00 PM Share w/ Private Swim Lessons $ Up to 4 Lanes
11:00 AM			11:15AM - 12 PM Aqua for MS $ 3 Lanes				
12:00 PM	1:00 - 5:45 PM OPEN SWIM 5 lanes	12:15 - 1:00 PM Aqua Circuit 1 lane	12:05 - 5:10 PM OPEN SWIM 5 lanes	12:15 - 1:00 PM Aqua Tone 1 lane		12:15 - 12:45 PM Aqua FLOW 1 lane	1:00 - 5:45 PM OPEN SWIM 5 lanes
1:00 PM		1:05 PM - 4 PM OPEN SWIM 5 lanes		1:05 - 3:00 PM OPEN SWIM 5 lanes		1:00 - 2:30 PM Share w/ Private Swim Lessons $ Up to 3 Lanes	
2:00 PM						2:30 - 7:45 PM OPEN SWIM 5 lanes	
3:00 PM		OPEN SWIM 4 PM - 7 PM Share w/ Private Swim Lessons $ Up to 3 Lanes		OPEN SWIM 3 PM - 5 PM Share w/ Private Swim Lessons $ Up to 3 Lanes			
4:00 PM							
5:00 PM			5:15 - 6:00 PM Aqua Cardio Blast 1 lane	5:00 - 6:25 PM OPEN SWIM 5 lanes	5:15 - 6:00 PM Aqua Mix 1 lane		
6:00 PM			OPEN SWIM 6:05 PM - 8:45 PM Share w/ Private Swim Lessons $ Up to 3 Lanes	6:30 - 7:00 PM Aqua Mix Plus+ 1 Lane	6: 15 - 7:00 PM Sea Surprise 1 lane		*1 open swim lane guaranteed during Aqua Classes - up to instructor's discretion how many lanes are left open during class. ***Swim Lessons conducted throughout the week.***
7:00 PM		7:00 - 8:45 PM OPEN SWIM 5 lanes		7:05 - 8:45 PM OPEN SWIM 5 lanes	7:05 - 8:45 PM OPEN SWIM 5 lanes		
8:00 PM							
9:00 PM	**Children 16 and under are not allowed in the Lap Pool and Warm Water Pool** unless they are registered for swim lessons and with an instructor. **Children 16 and under are not allowed in the hot tub.**						

Warm Therapy Pool Schedule 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		5:00 - 7:55 AM OPEN SWIM	5:00 - 10:10 AM OPEN SWIM	5:00 - 7:55 AM OPEN SWIM	5:00 - 10:10 AM OPEN SWIM	5:00 - 11:00 AM OPEN SWIM	
6:00 AM	6:00 - 8:10 AM OPEN SWIM						6:00 AM - 5:45 PM OPEN SWIM
7:00 AM		8:00 - 11:00 AM Closed for Physical Therapy		8:00 - 11:00 AM Closed for Physical Therapy			
8:00 AM	8:15 - 9:00 AM Share Pool Aqua ZEN						
9:00 AM	9:05 AM - 5:45 PM OPEN SWIM						
10:00 AM			10:15 - 11:00 AM Aqua Arthritis $		10:15 - 11:00 AM Aqua Arthritis $		
11:00 AM		11:15 AM - 12:00 PM Aqua Arthritis $	11:05 AM - 12:55 PM OPEN SWIM	11:15 AM - 12:00 PM Aqua Arthritis $	11:05 AM - 12:55 PM OPEN SWIM	11:15 AM - 12:00 PM Aqua Arthritis $	
12:00 PM		12:05 AM - 8:45 PM OPEN SWIM		12:05 AM - 6:55 PM OPEN SWIM		12:40 - 1:00 PM Share Pool Aqua FLOW	
1:00 PM			1:00 - 5:30 PM Closed for Physical Therapy		1:00 - 5:30 PM Closed for Physical Therapy	1:05 - 7:45 PM OPEN SWIM	
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM			5:35 - 8:45 PM OPEN SWIM		5:35 - 8:45 PM OPEN SWIM		
7:00 PM				7:00 - 7:30 PM Share Pool Aqua FLOW			
8:00 PM				7:35 - 8:45 PM OPEN SWIM			
9:00 PM	**Children 16 and under are not allowed in the Lap Pool and Warm Water Pool** unless they are registered for swim lessons and with an instructor. **Children 16 and under are not allowed in the hot tub.**						