


# Lap Pool Schedule 2025 - 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM							6:00 AM - 7:30 AM Alligators Swim Team 3 Lanes
6:00 AM	6:00 -9:10 AM OPEN SWIM	5:00 - 8:10 AM OPEN SWIM	5:00 - 8:10 AM OPEN SWIM	5:00 - 8:10 AM OPEN SWIM	5:00 - 8:10 AM OPEN SWIM	5:00 - 8:10 AM OPEN SWIM	7:35 - 9:10 AM OPEN SWIM  5 lanes
7:00 AM		5 lanes	5 lanes	5 lanes	5 lanes	5 lanes	
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 Cardio Splash 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	10:30 AM - 12:30 PM Private Swim Lessons \$ 3-4 lanes	10:05 AM - 12:10 PM OPEN SWIM	10:05 - 11:10 AM OPEN SWIM 5 lanes	10:05 AM - 12:10 PM OPEN SWIM	10:05 AM - 12:10 PM OPEN SWIM	10:05 AM - 12:10 PM OPEN SWIM	10:30 AM - 12:30 PM Private Swim Lessons \$ 3-4 lanes
11:00 AM		5 lanes	11:15AM - 12 PM Aqua for MS \$ 3 Lanes	5 lanes	5 lanes	5 lanes	
12:00 PM	12:35 - 5:45 PM OPEN SWIM  5 lanes	12:15 - 1:00 PM Aqua Circuit 1 lane	12:05 - 3:55 PM OPEN SWIM  5 lanes	12:15 - 1:00 PM Aqua Tone 1 lane	12:15 PM - 2:00 PM Private Swim Lessons \$ 3-4 lanes	12:15 - 12:45 PM Aqua FLOW 1 lane	12:35 - 5:45 PM OPEN SWIM  5 lanes
1:00 PM		1:05 - 4:25 PM OPEN SWIM 5 lanes		1:00 - 2:00 PM Private Swim Lessons 3-4 lanes	2:05 - 3:25 PM OPEN SWIM	2:05 - 3:25 PM OPEN SWIM	
2:00 PM			4 - 5 PM Private Swim Lessons \$ 4 lanes	2:05 - 5:10 PM OPEN SWIM  5 lanes	2:05 - 3:25 PM OPEN SWIM  5 lanes		
3:00 PM		3:30 - 6 PM Private Swim Lessons \$ 4 lanes				3:30 - 6 PM Private Swim Lessons \$ 4 lanes	
4:00 PM			5:15 - 6:00 PM Aqua Cardio Blast 1 lane	5:15 - 6:00 PM Aqua Mix 1 lane			
5:00 PM		4:30 - 7 PM Private Swim Lessons \$ 4 lanes			6:30 - 7:00 PM Aqua Mix Plus+ 1 Lane	6: 15 - 7:00 PM Sea Surprise 1 lane	
6:00 PM	7:05 - 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			
7:00 PM		5 lanes			5 lanes	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.						*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.

# Therapy Pool Schedule 2025 - 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 - 10:00 AM OPEN SWIM				
6:00 AM	6:00 - 8:10 AM OPEN SWIM									6:00 - 9:30 AM OPEN SWIM
7:00 AM										
8:00 AM	8:15 - 9:00 AM Share Pool Aqua ZEN	8:00 - 11:00 AM Closed for Physical Therapy		8:00 - 11:00 AM Closed for Physical Therapy						
9:00 AM	9:05 - 11:25 AM OPEN SWIM							9:30 AM - 12 PM Share Pool with Swim Lessons		
10:00 AM					10:15 - 11:00 AM Aqua Arthritis \$		10:15 - 11:00 AM Aqua Arthritis \$		10:05 - 11:10 AM Share Pool with Swim Lessons	
11:00 AM	11 AM - 12 PM Share Pool with Swim Lessons	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 - 5:45 PM OPEN SWIM	12:05 AM - 1:25 PM OPEN SWIM				12:05 AM - 1:25 PM OPEN SWIM		12:40 - 1:00 PM Share Pool Aqua FLOW	12:05 PM - 5:45 PM OPEN SWIM	
1:00 PM										
2:00 PM			1:30 - 3 PM Share Pool with Swim Lessons		1:30 - 3 PM Share Pool with Swim Lessons					
3:00 PM				1:00 - 5:30 PM Closed for Physical Therapy		1:00 - 5:30 PM Closed for Physical Therapy	1:05 - 4:00 PM OPEN SWIM			
4:00 PM			3:05 - 5:55 PM OPEN SWIM		3:05 - 6:55 PM OPEN SWIM					
5:00 PM							4 - 5 PM Share Pool with Swim Lessons			
6:00 PM		6 - 7 PM Share Pool with Swim Lessons	5:35 - 8:45 PM OPEN SWIM	7:00 - 7:30 PM Share Pool Aqua FLOW	5:35 - 8:45 PM OPEN SWIM	5:05 - 7:45 PM OPEN SWIM				
7:00 PM		6:35 - 8:45 PM OPEN SWIM						7:35 - 8:45 PM OPEN SWIM		
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.									

