

Lap Pool Schedule 2025 - 2026

Endeavor Health
Fitness & Wellness Center

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

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

