


Lap Pool

2026


MAY

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Thursday 5:30am-8:30pm Friday 5:30 am - 7:30pm Saturday- 8:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm *2 Lanes will always be open for lap swim</p>					<p>1 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-7:30PM LANES 7-8</p>	<p>2 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8</p>
<p>3</p>	<p>4 LAP SWIM 5:30-8:30 OPEN SWIM LANES 7-8 1:30-8:30 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>5 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM</p>	<p>6 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>7 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>8 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-7:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>9 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8</p>
<p>10 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8</p>	<p>11 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>12 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>13 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>14 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>15 LAP SWIM 5:30AM-7:30PM SWIM TEAM LANES 3-5:30PM-7:30PM SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>16 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8</p>
<p>17 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30 LANES 7-8</p>	<p>18 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>19 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>20 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>21 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>22 LAP SWIM 5:30AM-7:30PM SWIM TEAM LANES 3-5:30PM-7:30PM</p>	<p>23 LAP SWIM 7:30AM-3:30AM</p>
<p>24 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30 LANES 7-8</p> <p>31 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30 LANES 7-8</p>	<p>25 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>26 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>27 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM</p>	<p>28 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM</p>	<p>29 LAP SWIM 5:30AM-7:30PM SWIM TEAM LANES 3-5:30PM-7:30PM</p>	<p>30 LAP SWIM 7:30AM-3:30AM</p>

MAY

2026

Warm Up Pool

SUN	MON	TUE	WED	THU	FRI	SAT
 <div style="display: inline-block; vertical-align: middle; margin-left: 20px;"> <p>Pool and Sauna Hours Monday-Friday 5:30am-8:30pm Saturday- 8:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm *2 Lanes will always be open for lap swim</p> </div>					<p>1 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>2 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-12:45AM OPEN SWIM 12:45PM-3:30PM</p>
<p>3 OPEN SWIM 11:30AM-3:30PM</p>	<p>4 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM</p>	<p>5 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM</p>	<p>6 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM</p>	<p>7 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM</p>	<p>8 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>9 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-11 AM OPEN SWIM 12:45PM-3:30PM</p>
<p>10 OPEN SWIM 11:30-3:30PM</p>	<p>11 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM</p>	<p>12 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:3-AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM</p>	<p>13 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM</p>	<p>14 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM</p>	<p>15 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM</p>	<p>16 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-11AM OPEN SWIM 12:45PM-3:30PM</p>
<p>17 OPEN SWIM 11:30AM-4:30PM</p>	<p>18 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM</p>	<p>19 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A-11:30AM OPEN SWIM- 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM</p>	<p>20 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM</p>	<p>21 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM</p>	<p>22 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM</p>	<p>23 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-11AM OPEN SWIM 12:45PM-3:30PM</p>
<p>24 OPEN SWIM 11:30AM-4:30PM</p>	<p>25 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM</p>	<p>26 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A-11:30AM OPEN SWIM- 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM</p>	<p>27 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM</p>	<p>28 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM</p>	<p>29 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM</p>	<p>30 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-11AM OPEN SWIM 12:45PM-3:30PM</p>
<p>31 OPEN SWIM 11:30AM-4:30PM</p>						