

# Lap Pool

2026

AUGUST

| SUN                                                                                                                                                                                                                                                                                                                                                                                 | MON                                                                                                                                                                 | TUE                                                                                                                                                                 | WED                                                                                                                                                                 | THU                                                                                                                                                                 | FRI                                                                                                                           | SAT                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <div></div> <div>Pool and Sauna Hours<br/>Monday–Thursday5:30am–8:30pm<br/>Friday 5:30 am – 7:30pm<br/>Saturday– 8:30am –3:30pm<br/>Sunday 11:30am –4:30pm</div> <div>Day Swim Pass Pool Pass Open swim 11:30pm–1:30pm<br/>**members only swim<br/>*2 Lanes will always be open for lap swim</div> |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                               | 1<br>LAP SWIM 7:30–3:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30  |
| 2<br>LAP SWIM11:30–4:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>LAP SWIM 1:30 PM–4:30PM                                                                                                                                                                                                                                                                                    | 3<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM  | 4<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM  | 5<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM  | 6<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM  | 7<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30 | 8<br>LAP SWIM 7:30–3:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30  |
| 9<br>LAP SWIM 11:30–4:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>LAP SWIM 1:30 PM–4:30PM                                                                                                                                                                                                                                                                                   | 10<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM | 11<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM | 12<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM | 13<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM | 7<br>LAP SWIM 5:30AM –8:30PM<br>CAMP SWIM 9:30 AM – 4PM (LIMITED SPACE AVAILABLE)<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30 | 15<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED              |
| 16<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                                                                                                                                                                                                                                                                           | 17<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                                                           | 18<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                                                           | 19<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                                                           | 20<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                                                           | 21<br>POOL CLOSED FOR YEARLY MAINTENANCE<br>*SAUNA CLOSED                                                                     | 22<br>LAP SWIM 7:30–3:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30 |
| 23<br>LAP SWIM 11:30–4:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>LAP SWIM 1:30 PM–4:30PM                                                                                                                                                                                                                                                                                  | 24<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM                                                      | 25<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM                                                      | 26<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM                                                      | 27<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 : 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM                                                    | 28<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 :11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM               | 29<br>LAP SWIM 7:30–3:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30 |
| 30<br>LAP SWIM 11:30–4:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>LAP SWIM 1:30 PM–4:30PM                                                                                                                                                                                                                                                                                  | 31<br>LAP SWIM 5:30AM –8:30PM<br>POOL PASS OPEN SWIM LANES 7–8 11:30–1:30<br>SWIM TEAM LANES 3–8 5:30PM–7:30PM                                                      |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                               |                                                                        |

# Warm Up Pool

| SUN                                                                                                                                                                                                                                                                                                                                                                                                                             | MON                                                                                                                                                                                                                                                                 | TUE                                                                                                                                                                                                                                                                 | WED                                                                                                                                                                                                                                                                        | THU                                                                                                                                                                                                                                                                 | FRI                                                                                                                                                                                                                                                                 | SAT                                                                                                                                                                            |
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|  <p><b>Pool and Sauna Hours</b><br/> <b>Monday-Thursday 5:30am-8:30pm</b><br/> <b>Friday 5:30 am - 7:30pm</b><br/> <b>Saturday- 8:30am -3:30pm</b><br/> <b>Sunday 11:30am -4:30pm</b></p> <p><b>Day Swim Pass Pool Pass Open swim 11:30pm-1:30pm</b><br/> <b>**members only swim</b><br/> <b>*2 Lanes will always be open for lap swim</b></p> |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                     | <p><b>1</b><br/> <b>**OPEN SWIM 7:30-8:30</b><br/> <b>SWIM LESSONS 8:30-10:45AM</b><br/> <b>**OPEN SWIM 10:45PM-3:30PM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b></p>  |
| <p><b>2</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>**OPEN SWIM 1:30-4:30PM</b></p>                                                                                                                                                                                                                                                                                                                              | <p><b>3</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 5:30-8:30PM</b></p>  | <p><b>4</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 5:30-8:30PM</b></p>  | <p><b>5</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>ADULT SWIM LESSONS 6:30-7:15PM</b></p>  | <p><b>6</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 5:30-8:30PM</b></p>  | <p><b>7</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 5:30-7:30PM</b></p>  | <p><b>8</b><br/> <b>**OPEN SWIM 7:30-8:30</b><br/> <b>SWIM LESSONS 8:30-10:45AM</b><br/> <b>**OPEN SWIM 10:45PM-3:30PM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b></p>  |
| <p><b>9</b><br/> <b>POOL PASS OPEN SWIM 11:30-1:30PM</b><br/> <b>**OPEN SWIM 1:30-4:30PM</b></p>                                                                                                                                                                                                                                                                                                                                | <p><b>10</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:00PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p> | <p><b>11</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:00PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p> | <p><b>12</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:00PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>ADULT SWIM LESSONS 6:30-7:15PM</b></p> | <p><b>13</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:00PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p> | <p><b>14</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>CAMP SWIM 9:30 - 10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 5:30-7:30PM</b></p> | <p><b>15</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                      |
| <p><b>16</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                                                                                                                                                                                       | <p><b>17</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                           | <p><b>18</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                           | <p><b>19</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                                  | <p><b>20</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                           | <p><b>21</b><br/> <b>POOL CLOSED FOR YEARLY MAINTENANCE</b><br/> <b>*SAUNA CLOSED</b></p>                                                                                                                                                                           | <p><b>22</b><br/> <b>**OPEN SWIM 7:30-8:30</b><br/> <b>SWIM LESSONS 8:30-10:45AM</b><br/> <b>**OPEN SWIM 10:45PM-3:30PM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b></p> |
| <p><b>23</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>**OPEN SWIM 1:30-4:30PM</b></p>                                                                                                                                                                                                                                                                                                                             | <p><b>24</b><br/> <b>OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p>                                        | <p><b>25</b><br/> <b>OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p>                                        | <p><b>26</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>ADULT SWIM LESSONS 6:30-7:15PM</b></p>                                      | <p><b>27</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p>                                      | <p><b>28</b><br/> <b>**OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-7:30PM</b></p>                                      | <p><b>29</b><br/> <b>**OPEN SWIM 7:30-8:30</b><br/> <b>SWIM LESSONS 8:30-10:45AM</b><br/> <b>**OPEN SWIM 10:45PM-3:30PM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b></p> |
| <p><b>30</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>**OPEN SWIM 1:30-4:30PM</b></p>                                                                                                                                                                                                                                                                                                                             | <p><b>31</b><br/> <b>OPEN SWIM 5:30AM-10:30AM</b><br/> <b>AQUA STRETCH/AEROBICS 10:30AM-11:30AM</b><br/> <b>POOL PASS OPEN SWIM 11:30AM-1:30PM</b><br/> <b>SWIM LESSONS 1-5:30PM</b><br/> <b>**OPEN SWIM 1:30-8:30PM</b></p>                                        |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                |