

AUGUST 2025

Lap Pool

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -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>					1 LAP SWIM 5:30-7:30PM ALL LANES OPEN SWIM LANES 7-8 1:30-3:30	2 LAP SWIM 730AM-3:330PM OPEN SWIM 1:30PM-3:30PM LANES 7-8
3 LAP SWIM 11:30-4:30	4 LAP SWIM 5:30-7:30 OPEN SWIM LANES 7-8 1:30-3:30	5 LAP SWIM 5:30-7:30 OPEN SWIM 1:30-3:30 LANES 7-8	6 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	7 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	8 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	9 LAP SWIM 7:30AM-3:30PM OPEN SWIM 1:30PM-3:30PM
10 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	11 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	12 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	13 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	14 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	15 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	16 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8
17 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30 LANES 7-8	18 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	19 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	20 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	21 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	22 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	23 LAP SWIM 7:30AM-3:30PM
24 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 <hr/> 31 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30P-3:30PM LANES 7-9	25 LAP SWIM 5:30-7:30P OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM 5:00-6:30 LANES 5-8	26 LAP SWIM 5:30PM-7:30PM OPEN SWIM 1:30-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	27 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	28 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00PM-6:30PM LANES 5-8	29 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM 5:00-6:30PM LANES 5-8	30:30AM-3:30AM

Warm Up Pool

2025
AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pool and Sauna Hours Monday-Friday 5:30am-7:30pm Saturday- 7:30am -3:30pm Sunday 11:30am -4:30pm Day Swim Pass Open Swim 1:30pm-3:30pm</p>					1 OPEN SWIM 5:30-10:30AM AQUAR STRETCH-10:30AM-11:30AM OPEN SWIM 11:30AM-5:30PM BOAT REGATTA 5:30PM-7:30PM	2 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-11:00 AQUA DANCE 11AM-12PM OPEN SWIM 12:00PM-3:30PM
3 OPEN SWIM 11:30AM-3:30PM	4 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM	5 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	6 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	7 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30P-7:30P	8 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	9 OPEN SWIM 7:30-8:30AM SWIM LESSONS 8:30-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00PM-3:30PM
10 OPEN SWIM 11:30AM-4:30PM	11 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM	12 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A-11:30AM OPEN SWIM- 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	13 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-7:30PM	14 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM SWIM LESSONS-11:30-12:30 OPEN SWIM 12:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30-7:30PM	15 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM	16 OPEN SWIM 7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00P-3:30PM
18 OPEN SWIM 11:30-3:30PM	19 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM	19 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:3-AM-4:00PM SWIM LESSONS 4:30-6:30PM AQUA DANCE 6:30P-7:30PM	20 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	21 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	22 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	23 OPEN SWIM-7:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00PM-3:30PM
24 OPEN SWIM 11:30AM-4:30PM 31 OPEN SWIM 11:30-4:30PM	25 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM	26 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM AQUA DANCE 6:30PM-7:30PM	27 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30A-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	29 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS-4:00PM-6:30PM AQUA DANCE 6:30-7:30PM	29 OPEN SWIM 5:30-10:30AM AQUA DANCE 10:30-11:30AM OPEN SWIM 11:30-7:30PM	30 OPEN SWIM 7:30-8:30AM SWIM LESSONS 8:30-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00PM-3:30PM