

# Lap Pool

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SUN	MON	TUE	WED	THU	FRI	SAT
1 LAP SWIM 11:30-4:30 OPEN SWIM LANES 7-8 1:30-3:30 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	2 LAP SWIM 5:30-8:30 OPEN SWIM LANES 7-8 1:30-3:30 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	3 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	4 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	5 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	6 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-8 3PM-6:30PM	7 LAP SWIM 7:30AM-3:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8
8 LAP SWIM 11:30-4:30 OPEN SWIM LANES 7-8 1:30-3:30 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	9 LAP SWIM 5:30-8:30 OPEN SWIM LANES 7-8 1:30-3:30 SWIM TEAM LANES 3-8 3PM-6:30PM OPEN SWIM 6:30-8:30PM	10 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	11 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8	12 LAP SWIM 5:30AM-8:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-6:30PM OPEN SWIM 6:30-8:30PM	13 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	14 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8
15 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM	16 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	17 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	18 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8	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	20 LAP SWIM 5:30AM-7:30PM SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM	21 LAP SWIM 7:30-3:30PM OPEN SWIM 1:30-3:30PM LANES 7-8
22 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30-3:30 LANES 7-8 SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM	23 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	24 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	25 LAP SWIM 5:30AM-7:30PM OPEN SWIM 1:30PM-8:30PM LANES 7-8	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	27 LAP SWIM 5:30AM-7:30PM SWIM TEAM LANES 3-5:30PM-7:30PM OPEN SWIM 6:30-8:30PM	28 LAP SWIM 7:30AM-3:30AM



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

# Warm Up Pool

2026

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SUN	MON	TUE	WED	THU	FRI	SAT
1 OPEN SWIM 11:30AM-3:30PM	2 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM	3 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	4 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	5 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 12:45-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM	6 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	7 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-12:45AM OPEN SWIM 12:45PM-3:30PM
8 OPEN SWIM 11:30AM-3:30PM	9 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM	10 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	11 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	12 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 12:45-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM	13 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-3:30PM	14 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-12:45AM OPEN SWIM 12:45PM-3:30PM
15 OPEN SWIM 11:30-3:30PM	16 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	17 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	18 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	19 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 12:45-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM	20 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:30PM	21 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-12:45AM OPEN SWIM 12:45PM-3:30PM
22 OPEN SWIM 11:30AM-4:30PM	23 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	24 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	25 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	26 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12:45 OPEN SWIM 12:45-4:00PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-6:30PM	27 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:30PM	28 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-12:45AM OPEN SWIM 12:45PM-3:30PM



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Day Swim Pass Open Swim 1:30pm-3:30pm  
\*2 Lanes will always be open for lap swim