


OCTOBER


2025

# Lap Pool

SUN	MON	TUE	WED	THU	FRI	SAT
 <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>			<p>1  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>2  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>3  LAP SWIM 5:30–7:30PM ALL LANES  OPEN SWIM LANES 7–8  1:30–3:30</p>	<p>4  LAP SWIM 730AM–3:330PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>
<p>5  LAP SWIM 11:30–4:30</p>	<p>6  LAP SWIM 5:30–8:30  OPEN SWIM LANES 7–8  1:30–3:30</p>	<p>7  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM LANES 5–8</p>	<p>8  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>9  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>10  LAP SWIM 5:30AM–7:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>11  LAP SWIM 8:30AM–3:30PM  OPEN SWIM 1:30PM–3:30PM</p>
<p>12  LAP SWIM 11:30AM–4:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>13  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM LANES 5–8</p>	<p>14  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM LANES 5–8</p>	<p>15  LAP SWIM 5:30AM–730PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>16  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM  LANES 5–8</p>	<p>17  LAP SWIM 5:30AM–7:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  SWIM TEAM 5:00–6:30PM  LANES 5–8</p>	<p>18  LAP SWIM 8:30–3:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8</p>
<p>19  LAP SWIM 11:30AM–4:30PM  OPEN SWIM 1:30–3:30  LANES 7–8</p>	<p>20  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30  LANES 7–8  SWIM TEAM 5:00PM–6:30PM LANES 5–8</p>	<p>21  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  SWIM TEAM 5:00– 6:30PM  LANES 5–8</p>	<p>22  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8</p>	<p>23  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00–6:30PM  LANES 5–8</p>	<p>24  LAP SWIM 5:30AM–7:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM  LANES 5–8</p>	<p>25  LAP SWIM 8:30AM–3:30PM</p>
<p>26  LAP SWIM 11:30AM–4:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8</p>	<p>27  LAP SWIM 5:30–8:30P  OPEN SWIM 1:30–3:30  LANES 7–8  SWIM TEAM 5:00–6:30  LANES 5–8</p>	<p>28  LAP SWIM 5:30PM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM  LANES 5–8</p>	<p>29  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  HIGH SCHOOL SWIM TEAM 3–6:30PM LANES 3–8</p>	<p>30  LAP SWIM 5:30AM–8:30PM  OPEN SWIM 1:30–3:30PM  LANES 7–8  SWIM TEAM 5:00–6:30PM  LANES 5–8  HIGH SCHOOL SWIM TEAM 3–6:30PM LANES 3–8</p>	<p>31  LAP SWIM 5:30AM–7:30PM  OPEN SWIM 1:30PM–3:30PM  LANES 7–8  SWIM TEAM 5:00PM–6:30PM  LANES 5–8  HIGH SCHOOL SWIM TEAM 3–6:30PM LANES 3–8</p>	

# Warm Up Pool

2025  
OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>Pool and Sauna Hours</b>  <b>Monday-Friday 5:30am-8:30pm</b>  <b>Saturday- 8:30am -3:30pm</b>  <b>Sunday 11:30am -4:30pm</b>  <b>Day Swim Pass Open Swim 1:30pm-3:30pm</b></p>			<b>1</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM	<b>2</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM ADULT SWIM LESSONS 11:45-12:45 SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM-6:30PM	<b>3</b> OPEN SWIM 5:30-10:30AM AQUA STRETCH-10:30AM-11:30AM OPEN SWIM 11:30AM-5:30PM	<b>4</b> OPEN SWIM 8:30-8:30 SWIM LESSONS 8:30-11:00 AQUA DANCE 11AM-12PM OPEN SWIM 12:00PM-3:30PM
<b>5</b> OPEN SWIM 11:30AM-3:30PM	<b>6</b> OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM	<b>7</b> 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 OPEN SWIM 7:30-8:30PM	<b>8</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	<b>9</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM ADULT SWIM LESSONS 11:45-12:45 SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM-6:30PM	<b>10</b> OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	<b>11</b> OPEN SWIM 8:30-8:30AM SWIM LESSONS 8:30-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00PM-3:30PM
<b>12</b> OPEN SWIM 11:30-3:30PM	<b>13</b> OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM	<b>14</b> 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 OPEN SWIM 7:30-8:30PM	<b>15</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	<b>16</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM ADULT SWIM LESSONS 11:45-12:45 SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM-6:30PM	<b>17</b> OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-7:30PM	<b>18</b> OPEN SWIM-8:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00PM-3:30PM
<b>19</b> OPEN SWIM 11:30AM-4:30PM	<b>20</b> OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-6:30PM	<b>21</b> 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 OPEN SWIM 7:30-8:30PM	<b>22</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	<b>23</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM ADULT SWIM LESSONS 11:45-12:45 SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM-6:30PM	<b>24</b> OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM	<b>25</b> OPEN SWIM 8:30AM-8:30AM SWIM LESSONS 8:30AM-11:00AM AQUA DANCE 11:00AM-12:00PM OPEN SWIM 12:00P-3:30PM
<b>26</b> OPEN SWIM 11:30AM-4:30PM	<b>27</b> OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 4:00PM-6:30PM	<b>28</b> 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 OPEN SWIM 7:30-8:30PM	<b>29</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 4:00PM-7:30PM	<b>30</b> OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM ADULT SWIM LESSONS 11:45-12:45 SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 4:00PM-6:30PM	<b>31</b> OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 OPEN SWIM 11:30-7:30PM	