Lap Pool

2026

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
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				1 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	2 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-7:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	3 LAP SWIM 7:30AM-3:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-3:30PM
4 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	5 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	6 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	7 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM	8 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	9 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-7:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	10 LAP SWIM 7:30AM-3:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-3:30PM
11 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	12 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	13 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	14 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM	15 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	16 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-7:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	17 LAP SWIM 7:30AM-3:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-3:30PM
18 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	19 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	20 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	21 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM	22 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	23 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-7:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	24 LAP SWIM 7:30AM-3:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-3:30PM
25 LAP SWIM 11:30AM-4:30PM OPEN SWIM 1:30PM-3:30PM LANES 7-8	26 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	27 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	28 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM	29 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-8:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	30 LAP SWIM 5:30AM-8:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-7:30PM SWIM TEAM LANES 3-8 5:30PM-6:30PM	31 LAP SWIM 7:30AM-3:30PM POOL PASS OPEN SWIM LANES 7-8 11:30-1:30 OPEN SWIM 1:30-3:30PM

Warm Up Pool

2026

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 SWIM LESSONS 11:45-12;45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-7:15PM	2 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30AM-7:30PM	3 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-10:45PM AQUA AEROBICS 10:45AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 12:45PM-3:30PM
4 OPEN SWIM 11:30AM-3:30PM	5 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	6 OPEN SWIM 5:30AM-10:30AM WATER AEROBICS 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	7 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM	8 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 SWIM LESSONS 11:45-12;45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-7:15PM	9 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30AM-7:30PM	10 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30- 10:45PM AQUA AEROBICS 10:45AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 12:45PM-3:30PM
11 OPEN SWIM 11:30-3:30PM	12 OPEN SWIM 5:30-10:30AM AQUA STRETCH 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	13 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	14 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 OPEN SWIM 11:30-4:00PM POOL PASS SWIM 11:30-1:30 SWIM LESSONS 5-7:15PM	15 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 SWIM LESSONS 11:45-12;45 POOL PASS SWIM 11:30-1:30 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-7:15PM	16 OPEN SWIM 5:30AM-10:30AM AQUA STRETCH 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30AM-7:30PM	17 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-10:45PM AQUA AEROBICS 10:45AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 12:45PM-3:30PM
18 OPEN SWIM 11:30AM-4:30PM	19 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	20 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM- 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	21 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM	22 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 SWIM LESSONS 11:45-12;45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-7:15M	23 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-7:30PM	24 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-10:45PM AQUA AEROBICS 10:45AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 12:45PM-3:30PM
25 OPEN SWIM 11:30AM-4:30PM	26 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-6:30PM	27 OPEN SWIM 5:30-10:30 WATER AEROBICS 10:30A-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM- 11:30AM-4:00PM SWIM LESSONS 5-6:30PM OPEN SWIM 7:30-8:30PM	28 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-4:00PM SWIM LESSONS 5-7:15PM	29 OPEN SWIM 5:30-10:30AM WATER AEROBICS 10:30-11:30 POOL PASS SWIM 11:30-1:30 SWIM LESSONS 11:45-12;45 OPEN SWIM 1:00-4:30PM SWIM LESSONS FOUNDATION KIDS 1:00-1:30 SWIM LESSONS 5-7:15PM	30 OPEN SWIM 5:30-10:30 AQUA STRETCH 10:30-11:30 POOL PASS SWIM 11:30-1:30 OPEN SWIM 11:30-7:30PM	31 OPEN SWIM 7:30-8:30 SWIM LESSONS 8:30-10:45PM AQUA AEROBICS 10:45AM-11:30AM POOL PASS SWIM 11:30-1:30 OPEN SWIM 12:45PM-3:30PM

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Sunday 11:30am -4:30pm
Day Swim Pass Open Swim 1:30pm-3:30pm
***2 Lanes will always be open for lap swim**