



INDOOR POOL SCHEDULE

August 29, 2026 - October 1, 2026



MONDAY 5:30AM - 9:30PM	TUESDAY 5:30AM - 9:30PM	WEDNESDAY 5:30AM - 9:30PM	THURSDAY 5:30AM - 9:30PM	FRIDAY 5:30AM - 8:30PM	SATURDAY 7AM - 7:30PM	SUNDAY 7AM - 7:30PM
5:30am-8:30am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	7am-9am Lap Swim (6)	7am-8:30am Lap Swim (6)
8:30am-9am Lap Swim (4) Lessons (2)	8am-9am Lap Swim (6)	8am-9am Lap Swim (6)	7:45am-9am Lap Swim (4) Water Ex (2)	8am-9am Lap Swim (6)	9am-10am Lap Swim (1) Water Ex (2) Lessons (3)	8:30am-9am Lap Swim (4) Lessons (2)
9am-10am Lap Swim (2) Water Ex (2) Lessons (2)	9am-10am Lap Swim (3) Water Ex (2) Lessons (1)	9am-10am Lap Swim (2) Water Ex (2) Lessons (2)	9am-10am Lap Swim (2) Group Ex (3)* Lessons (1)	9am-10am Lap Swim (2) Water Ex (2) Lessons (2)	10am-1pm Lap Swim (1) Lessons (5)	9am-10am Lap Swim (3) Lessons (3)
10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-2pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-11am Lap Swim (2) Lessons (4)
3pm-4pm Lessons (6)						11am-1pm Lap Swim (1) Lessons (5)
4pm-5pm Open Swim (1) Lessons (5)		3pm-5pm Open Swim (1) Lessons (5)			2pm-4pm Lap Swim (2) Lessons (4)	
5pm-6pm Lap Swim (1) Lessons (5)	3pm-7pm Lessons (6)	5pm-7pm Lap Swim (1) Lessons (5)	3pm-7pm Lessons (6)	3pm-5pm Open Swim (1) Lessons (5)	4pm-5pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-5pm Lap Swim (2) Open Swim (1) Lessons (3)
6pm-7pm Lessons (6)				5pm-7pm Lap Swim (1) Lessons (5)	5pm-7pm Lap Swim (4) Open Swim (2)	
7pm-8pm Lap Swim (4) Swim Team (2)	7pm - 8pm Lap Swim (4) Water Ex (2)	7pm - 8pm Lap Swim (4) Swim Team (2)	7pm-8pm Lap Swim (4) Swim Team (2)			5pm-7:30pm Lap Swim (6)
8pm-9:30pm Lap Swim (6)	8pm - 9:30pm Lap Swim (6)	8pm - 9:30pm Lap Swim (6)	8pm-9:30pm Lap Swim (6)	7pm - 8:30pm Lap Swim (6)	7pm-7:30pm Lap Swim (6)	

*Master Swim Class, 4 Weeks - 9/10, 9/17, 9/24, 10/1

09/01/26



Our staff is a group of dedicated & spirited teachers! Each instructor has their own style of teaching. Every staff member is filled with a special enthusiasm for helping participants to feel motivated, energized & confident to work at an appropriate pace.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45–8:45 AM						
9:00–10:00 AM	Hydropower (Sally)	Interval Training (Lin/Rotating)	Interval Training (Jane)	MASTER SWIM (Dori)	Hydropower (Sally)	Hydropower (Jane/Rotating)
7:00–8:00 PM		Hydropower (Sally)				

MASTER SWIM - 4 Week Class - 9/10, 9/17, 9/24 & 10/1

A successful blend of fitness and competitive swimming for adults. Anyone aged 19 and over is welcome in any United States Masters Swimming club or event. The objectives of Masters swimming are fun, fitness, friendship and participation. Masters swimming is for everyone!

TRACK WORKOUT / FUSION - A high-intensity water workout based on B.A.A. speed intervals — open to all! This class emphasizes the “running stride” motion for endurance and form. The final 30 minutes add strength and resistance work using equipment for a balanced challenge.

HYDROPOWER - A total-body workout combining cardio, strength, core, and flexibility training. Use of swim gloves, foam dumbbells, or noodles adds variety and resistance for an energizing, full-body experience.

CARDIO-CORE TECHNIQUE - A dynamic core-focused water workout designed to strengthen the back and abdominal muscles. This class uses noodles and other equipment to support proper alignment, form, and added resistance.

INTERVAL TRAINING - A fun, fast-paced cardiovascular workout using timed intervals and active recovery between sets. This class blends a variety of movements to build endurance, strength, and overall fitness while keeping every session engaging and energizing.