



INDOOR POOL SCHEDULE

Effective 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 (3) Water Ex (2) 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)	3pm-7pm Lessons (6)	3pm-5pm Open Swim (1) Lessons (5)	3pm-7pm Lessons (6)	3pm-5pm Open Swim (1) Lessons (5)	2pm-4pm Lap Swim (2) Lessons (4)	11am-1pm Lap Swim (1) Lessons (5)
4pm-5pm Open Swim (1) Lessons (5)	7pm - 8pm Lap Swim (4) Water Ex (2)	5pm-7pm Lap Swim (1) Lessons (5)	5pm-7pm Lap Swim (1) Lessons (5)	5pm-7pm Lap Swim (1) Lessons (5)	4pm-5pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-5pm Lap Swim (2) Open Swim (1) Lessons (3)
5pm-6pm Lap Swim (1) Lessons (5)	8pm - 9:30pm Lap Swim (6)	7pm - 8pm Lap Swim (4) Swim Team (2)	7pm-8pm Lap Swim (4) Swim Team (2)	7pm - 8:30pm Lap Swim (6)	5pm-7pm Lap Swim (4) Open Swim (2)	5pm-7:30pm Lap Swim (6)
6pm-7pm Lessons (6)		8pm - 9:30pm Lap Swim (6)	8pm-9:30pm Lap Swim (6)		7pm-7:30pm Lap Swim (6)	
7pm-8pm Lap Swim (4) Swim Team (2)						
8pm-9:30pm Lap Swim (6)						



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				Track “Fusion” Workout (Jane)		
9:00–10:00 AM	Hydropower (Sally)	Interval Training (Ginni/Linda)	Interval Training (Jane)	Cardio Core Technique (Kai/Linda)	Hydropower (Sally)	Hydropower (Jane/Rotating)
7:00–8:00 PM		Hydropower (Sally)				

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.

GENTLE JOINTS - This concept is woven into every class. We guide participants to work at their own pace. “Gentle joints” is a reminder to set a more moderate pace. This allows for light resistance in the water. It’s incredibly effective for beginners, those with injuries, or anyone looking for a “recovery workout.”

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.

TRACK “FUSION” WORKOUT - The first 30 minutes of “track intervals,” will be followed by a variety of exercises, including use of apparatus for extra resistance. This is a high intensity water “track workout” (utilizing the B.A.A. weekly speed workouts). No need to be a runner to benefit from this class. All are welcome!