



INDOOR POOL SCHEDULE

Nov 1st, 2025 - June 15th, 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-8am 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-8:30am Lap Swim (6)
8am-8:30am Lap Swim (6)					7am-9am Lap Swim (6)	8:30am-9am Lap Swim (4) Lessons (2)
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 (2) Water Ex (2) Lessons (2)	9am-10am 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 (3) Water Ex (2) Lessons (1)	10am-1pm Lessons (6)	10am-11am Lap Swim (2) Lessons (4)
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-3pm Lap Swim (2) Open Swim (1) Lessons (3)	11am-1pm Lap Swim (1) Lessons (5)
3pm-4pm Lessons (6)		3pm-5pm Open Swim (1) Lessons (5)		3pm-5pm Open Swim (1) Lessons (5)	3pm-5pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-3pm Lap Swim (2) Open Swim (1) Lessons (3)
4pm-5pm Open Swim (1) Lessons (5)	3pm-7pm Lessons (6)	5pm-7pm Lap Swim (1) Lessons (5)	3pm-7pm Lessons (6)	5pm-7pm Lap Swim (1) Lessons (5)	5pm-7pm Lap Swim (4) Open Swim (2)	3pm-5pm Lap Swim (2) Open Swim (2) Lessons (2)
5pm-6pm Lap Swim (1) Lessons (5)	7pm - 8pm Lap Swim (4) Water Ex (2)	7pm - 8pm Lap Swim (4) Water Ex (2)				
6pm-7pm Lessons (6)						
7pm-9:30pm Lap Swim (6)	8pm - 9:30pm Lap Swim (6)	8pm - 9:30pm Lap Swim (6)	7pm-9:30pm Lap Swim (6)	7pm - 8:30pm Lap Swim (6)	7pm-7:30pm Lap Swim (6)	5pm-7:30pm 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 Workout "Fusion" (Jane)		
9:00–10:00 AM	Hydropower (Sally)	Interval Training Ginni (2nd & 4th) Linda (1st & 3rd)	Interval Training (Jane)	Cardio-Core Technique (Kai)	Hydropower (Sally)	Hydropower (Jane/Rotating)
7:00–8:00 PM		Hydropower (Sally)	Interval Training Linda (1st & 3rd) Laila (2nd) Kia (4th)			

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.