

CENTRAL POOL SCHEDULES

DEEP POOL

Effective November 8, 2023

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00	LAP/OPEN SWIM 5:00am-3:00pm	LAP/OPEN SWIM 5:00am-3:00pm	LAP/OPEN SWIM 5:00am-3:00pm	LAP/OPEN SWIM 5:00am-3:00pm	LAP/OPEN SWIM 5:00am-3:00pm	CLOSED FOR SWIM TEAM 7:00-8:00am	
6:00							
7:00							
8:00						LAP SWIM [2 lanes only] 8:00am-9:30am	
9:00							
10:00							
11:00						LAP/OPEN SWIM 9:30am-2:00 pm	
12:00							
1:00							
2:00						LAP/OPEN SWIM 12:30-2:30pm	
3:00	LAP SWIM [2 lanes only] 2:30-4:00pm						
4:00							
5:00		CLOSED FOR SWIM TEAM 3:00-8:45pm					
6:00							
7:00							
8:00							
8:00							

During LAP/OPEN swim, there will be 3 lanes available. Lane sharing is encouraged.

SHALLOW POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00						LAP/OPEN SWIM 7:00-10:00am	
8:00	LAP/OPEN SWIM 7:30-8:30am	LAP/OPEN SWIM 7:30-9:15am	LAP/OPEN SWIM 7:30-8:30am	LAP/OPEN SWIM 7:30-9:15am	LAP/OPEN SWIM 7:30-8:30am		
8:30	WATER FITNESS 8:30-9:15am			WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am	
9:00						WATER FITNESS 10:00-10:45am	
9:30	GROUPS 9:15am-12pm	GROUPS 9:15am-12pm	GROUPS 9:15am-12pm	GROUPS 9:15am-12pm	GROUPS 9:15am-12pm		
10:00							
10:30							
11:00						LAP/OPEN SWIM 11:00am-4:30pm	
11:30							
12:00	LAP/OPEN SWIM 12:00-1:00pm	AQUAROBICS 12:00-1:00pm	LAP/OPEN SWIM 12:00-1:00pm	AQUAROBICS 12:00-1:00pm	LAP/OPEN SWIM 12:00-1:00pm		
1:00	GROUPS 1:00-2:00pm	GROUPS 1:00-2:00pm	GROUPS 1:00-2:00pm	GROUPS/OPEN 1:00-2:00pm	GROUPS/OPEN 1:00-2:00pm		SWIM LESSONS/ LAP SWIM 12:30-3:00pm
1:30							
2:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
2:30							
3:00	LAP/OPEN SWIM 3:00-4:30pm	LAP/OPEN SWIM 3:00-3:30pm	LAP/OPEN SWIM 3:00-4:00pm	LAP/OPEN SWIM 3:00-3:30pm		LAP/OPEN SWIM 3:00-4:30pm	
3:30							
4:00		GROUPS 3:30-5:30pm	SWIM LESSONS/ LAP SWIM 4:00-5:30pm	GROUPS 3:30-5:30pm	LAP/OPEN SWIM 3:00-5:30pm		
4:30	GROUPS 4:30-5:30pm						
5:00							
5:30	AQUAROBICS 5:30-6:30pm	LAP/OPEN SWIM 5:30-8:00pm	AQUAROBICS 5:30-6:30pm	LAP/OPEN SWIM 5:30-8:00pm	AQUAROBICS 5:30-6:30pm		
6:00							
6:30	LAP/OPEN SWIM 6:30-8:00pm		LAP/OPEN SWIM 6:30-8:00pm		LAP/OPEN SWIM 6:30-8:00pm		LAP/OPEN SWIM 6:30-8:00pm
7:00							
7:30							

**During all group & program times, at least 1 lane will be available for use by adults.
Slide is closed during all group & program times.
Wristbands required for children ages 12 and under to indicate swimming ability.**

Children: *10-13 must have a parent in the building
 *6-9 must have adult supervision in the pool and changing room
 *0-5 must have adult in water within arm's reach

Updated 11/8/23