

CENTRAL POOL SCHEDULES

During LAP/OPEN swim, there will be 3 lanes available.

DEEP POOL

Effective September 7, 2026

	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		
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00	CLOSED FOR SWIM TEAMS 3:00-8:45pm	CLOSED FOR SWIM TEAMS 3:00-8:45pm	CLOSED FOR SWIM TEAMS 3:00-8:45pm	CLOSED FOR SWIM TEAMS 3:00-8:45pm	CLOSED FOR SWIM TEAMS 3:00-8:45pm		LAP/OPEN SWIM12:30-1:30 MST 3lanes of 5 1:30-3:00pm
4:00							LAP SWIM 3:00-4:00pm
5:00							Masters Swim Team Home Meet February 21st
6:00							
7:00							
8:00							
9:00							

SHALLOW POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8:00	LAP/OPEN SWIM 7:30-8:30am		LAP/OPEN SWIM 7:30-8:30am		LAP/OPEN SWIM 7:30-8:30am		
8:30							
9:00	WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		
9:30	GROUPS 9:15am-12pm		GROUPS 10am-12pm		GROUPS 9:15am-12pm	GROUPS 10am-12pm	
10:00							
10:30							
11:00							
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	LAP/OPEN SWIM 11:00am-4:30pm	
12:30							
1:00	GROUPS/LAP 1:00-2:00pm	GROUPS/LAP 1:00-2:00pm	GROUPS 1:00-2:00pm	GROUPS/LAP 1:00-2:00pm	GROUPS/LAP 1:00-2:00pm		
1:30							
2:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		LAP/OPEN SWIM 11:00am-4:30pm
2:30							
3:00							
3:30							
4:00	LAP/OPEN SWIM 4:00-5:30pm	GROUPS/LAP 4:00-5:30pm	SWIM LESSONS/ LAP SWIM 4:00-5:30pm	GROUPS/LAP 4:00-5:30pm	LAP/OPEN SWIM 4:00-5:30pm		Updated 9/1/26
4:30							
5:00	AQUAROBICS 5:30-6:30pm	YOGALATES/LS 5:30-6:30	AQUAROBICS 5:30-6:30pm	SWIM LESSONS/ LAP SWIM 5:30-7pm	AQUAROBICS 5:30-6:30pm		
5:30							
6:00	LAP/OPEN SWIM 6:30-8:00pm	LAP/OPEN SWIM 6:30-8:00pm	LAP/OPEN SWIM 6:30-8:00pm	LAP/OPEN SWIM 7-8:00pm	LAP/OPEN SWIM 6:30-8:00pm		
6:30							
7:00							
7:30							