

Pool Schedule—Fall

September 8–December 23

Facility Hours: Monday–Friday: 5:30am–9:30pm • Saturday: 7:00am–6:00pm • Sunday: 9:00am–6:00pm

Dive into one of the largest public recreational indoor pool complexes in the state. Enjoy a six-lane lap pool, a leisure pool with a two-story water slide and 110-foot current channel. It's fun for the entire family!

Leisure pool

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:30–8:00 am	Adult Swim**	Adult Swim**	Adult Swim**	Adult Swim**	Adult Swim**	7:00–8:30 Adult Swim**	
8:00–9:00 am	8:30–9:30 Water Aerobics	Low Impact Aerobics	8:30–9:30 Water Aerobics	Low Impact Aerobics	8:30–9:30 Water Aerobics	8:30–9:30 Low Impact Aerobics	
9:00–11:00 am	Parent & Tot Swim 9:30–11:00 Swim Lessons*	Parent & Tot Swim 9:00–10:00 Channel Walking	Parent & Tot Swim 9:30–11:00 Swim Lessons*	Parent & Tot Swim 9:00–10:00 Channel Walking	Parent & Tot Swim	9:00–11:00 Swim Lessons*	10:30–Noon Adult Swim**
						11:00–12:30 Family Swim	
11:00–1:00 pm	Open Swim	Open Swim	Open Swim	Open Swim FWSD	Open Swim	1:00–5:30 Open Swim	Noon–4:00 Open Swim
1:00–2:00 pm	Pool Closed	Pool Closed	Pool Closed		Pool Closed		
2:00–4:30 pm	Adult Swim**	Adult Swim**	Adult Swim**	Adult Swim**	Adult Swim**		
4:30–6:30 pm	Swim Lessons*	Swim Lessons*	Swim Lessons*	Swim Lessons*	5:00–8:00 Open Swim		
6:30–8:30 pm	Open Swim	Open Swim	Open Swim	Open Swim			

*Requires registration and extra fee. Please ask for additional information. All children under 7 must be supervised by an adult in the water and be within arm's reach at all times. Children under 48 inches may not use the large slide, even with a parent or guardian. Family swim requires parents.

**Adult swim is for those 16 years of age and over.

Lap pool

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:30–8:00 am	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	7:00–11:00 Team Training* & Advanced Training*	
8:00–9:00 am	Senior Swim (6)	Senior Swim (6)	Senior Swim (6)	Senior Swim (6)	Senior Swim (6)		
9:00–11:00 am	9:30–10:30am Deep Water Aerobics		9:30–10:30am Deep Water Aerobics		9:30–10:30am Deep Water Aerobics		10:30–1:00 Lap Swim (6)
11:00–1:00 pm	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (4) FWSD (2)	Lap Swim (6)	11:00–1:00 Lap Swim	
1:00–2:00 pm	Pool Closed	Pool Closed	Pool Closed		Pool Closed		
2:30–4:30 pm	FWSD Swim Team	FWSD Swim Team	FWSD Swim Team	FWSD Swim Team	FWSD Swim Team	1:00–5:30 Open Swim (4) Lap Swim (2)	1:00–4:00 Open Swim (4) Lap Swim (2)
4:30–6:00 pm	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)			
6:00–7:00 pm	Swim Lessons*	Swim Lessons*	Swim Lessons*	Swim Lessons*	4:30–6:30 Lap Swim (6)		
7:00–8:00 pm	Open Swim (4) Lap Swim (2)	Open Swim (4) Lap Swim (2)	Open Swim (4) Lap Swim (2)	Open Swim (4) Lap Swim (2)	6:30–8:00 Open Swim (4) Lap Swim (2)		
8:00–9:00 pm	Lap Swim (3)	Lap Swim (3) Fitness For All (3)	Lap Swim (3)	Lap Swim (3) Fitness For All (3)			

Number in parentheses () indicates number of lanes open for that activity.

Aquatics Program Descriptions

Unlimited group classes are FREE with your membership

Open Swim—Children and Adults alike will enjoy playing in the Leisure Pool, floating around the Lazy River and riding the 2 story slide. When the Open Swim is in the Lap Pool, enjoy swimming laps, taking a plunge off the diving board, playing basketball or just floating on the toys. Please remember, all children under 7 years of age must have an Adult in the water directly supervising them.

Adult Swim—Those 16 years of age and older can use this quiet time in the Leisure Pool to swim laps, walk in the Current Channel or use our equipment to do whatever water fitness activities they choose to do without any of the spray features turned on.

Lap Swim—Swimmers of all ages and abilities can take advantage of the 6 lane, 25 yard Lap Pool. Fast, medium and slow swimmers alike can find a lane to swim in. Feel free to use our aquatic equipment to help you better meet your fitness needs.

Senior Swim—A Lap Swim time set aside for those that are 62 years of age and over.

Family Swim—A chance for parents to have fun with their children in the water or to work on those skills that their children are trying to master in swim lessons. All of the water features are turned on for this swim and the usual attendance is less than the Open Swim time. All those under the age of 18 must have an Adult in the water with them.

Parent and Tot Swim—A more relaxing time for parents to help their children under the age of 3 adjust to the water. The water features are not turned on for this swim and there may be other programs occurring in the pool at the same time.

Water Aerobics—A high energy aerobics class done in the Leisure Pool where the depth of the water ranges from 3 ½ feet to 4 ½ feet. Those that have mobility and joint problems can get their heart rate up and use the resistance and buoyancy of the water to exercise without the ground pounding impact that land based exercises have. No swimming experience is needed.

Low Impact Aerobics—A slower paced water aerobics class taught in the Leisure Pool that combines; aerobics, strength building, range of motion and flexibility into one fun class. No swimming experience is needed.

Deep Water Aerobics—This class is taught in the Lap Pool where the depth of the water ranges from 3 ½ feet to 12 ½ feet. Put on one of our flotation belts and take part in an aerobics class that eliminates the effects of gravity and has exercises that use the resistance of the water to build strength, increase range of motion and flexibility. Weaker swimmers can get the same benefits of the class by staying in the shallow end of the pool.

Channel Walking—A unique water exercise class taught in the Current Channel that is designed to increase leg, abdominal and lower back strength as well as range of motion by walking against the current. Exercises are aimed at increasing core strength which helps to improve balance. No swimming experience is needed.

Advanced Training—Programs such as Lifeguard Training, Instructor Training and swim team workouts may be scheduled during this time.