

# Indoor Pool Schedule

## MARCH 2025



### SPRING SESSION

MONDAY		Aquac Fitness	
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	High Intensity	Main Pool
	9:15-10am	Deeper Power	Main Pool
	12:15-1pm	Aqua Barre	Splash Pool
	1-1:45pm	Rhythmic Vibes	Splash Pool
	5:30-6:15pm	Deeper Power	Main Pool
TUESDAY		Aquac Fitness	
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	Shallow Workout	Main Pool
	10-10:45am	Smoother Moves	Splash Pool
WEDNESDAY		Aquac Fitness	
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	High Intensity	Main Pool
	9:15-10am	Deeper Power	Main Pool
	10:45-11:45am	Senior Water Exercise	Main Pool <i>*Free*</i>
	6-7pm	AquaStride HIIT	Main Pool
THURSDAY		Aquac Fitness	
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	Aqua Yoga	Splash Pool
	9-9:45am	Aqua HIIT	Main Pool
	10-10:45am	Smoother Moves	Main Pool
FRIDAY		Aquac Fitness	
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	High Intensity	Main Pool
	9:15-10am	Deeper Power	Main Pool
	12:15-1pm	Aqua Barre	Splash Pool
	1-1:45pm	Rhythmic Vibes	Splash Pool
SATURDAY		SUNDAY	
<b>MAIN POOL Open 6am 6:45pm</b> <b>SPLASH POOL Open 7:30am-6:45pm</b>		<b>Pools Open Noon - 6:45pm</b> <i>*Main Pool limited lanes 4-5:30pm*</i>	

### 5-STAR PRACTICE

M-F 3:30-7:15PM  
 SATURDAY 8-11:30AM  
 MAIN POOL - LIMITED LANES

### SPECIAL OLYMPICS

SUNDAYS  
 4-5:30PM

### LSP SEASON PASSES

**GO ON SALE**  
**MARCH 1st**

Please note that pool schedules might be adjusted to accommodate events or programs.  
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