

# Indoor Pool Schedule

## MAY 2025



### SUMMER SESSION

MONDAY		Aquac Fitness s	
Pools Open 5:30am - 8:45pm	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 s	
Pools Open 5:30am - 8:45pm	8:15-9am	Shallow Workout	Main Pool
	10:15-11am	Smoother Moves	Splash Pool
WEDNESDAY		Aquac Fitness s	
Pools Open 5:30am - 8:45pm	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 s	
Pools Open 5:30am - 8:45pm	8:15-9am	Aqua Yoga	Splash Pool
	9-9:45am	High Intensity	Main Pool
	10:15-11am	Smoother Moves	Main Pool
FRIDAY		Aquac Fitness	
Pools Open 5:30am - 8:45pm	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	
MAIN POOL Open 6am 6:45pm SPLASH POOL Open 7:30am-6:45pm		Pools Open Noon - 6:45pm <i>*Main Pool limited lanes 4-5:30pm*</i>	

**5-STAR PRACTICE**

M-F 3:30-7:15PM  
MAIN POOL - LIMITED LANES

**SPECIAL OLYMPICS**

SUNDAYS  
4-5:30PM

**LSP SEASON PASSES**

**ON SALE  
NOW!**

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