

# Indoor Pool Schedule



## APRIL 2026



| MONDAY  | Aquatic Fitness   |   |   |
|---|---|---|---|
| <b>Pools Open 5:30am - 8:45pm</b>   | 8:15-9am<br>9:15-10am<br>12:15-1pm<br>1-1:45pm<br>5:30-6:15pm   | High Intensity<br>Deeper Power<br>Aqua Barre<br>Rhythmic Vibes<br>Deeper Power                            | Main Pool<br>Main Pool<br>Splash Pool<br>Splash Pool<br>Main Pool   |
| TUESDAY   | Aquatic Fitness   |   |   |
| <b>Pools Open 5:30am - 8:45pm</b>   | 8:15-9am<br>10-10:45am  | Shallow Workout<br>Smoother Moves   | Main Pool<br>Splash Pool  |
| WEDNESDAY   | Aquatic Fitness   |   |   |
| <b>Pools Open 5:30am - 8:45pm</b>   | 8:15-9am<br>9:15-10am<br>10:45-11:45am<br>5:30-6:30pm   | High Intensity<br>Deeper Power<br>Office of Aging<br>AquaStride HIIT                                      | Main Pool<br>Main Pool<br>Main Pool<br>Main Pool  |
| THURSDAY  | Aquatic Fitness   |   |   |
| <b>Pools Open 5:30am - 8:45pm</b>   | 8:15-9am<br>9:15-10am<br>10:15-11am   | Aqua Yoga<br>High Intensity<br>Smoother Moves   | Splash Pool<br>Main Pool<br>Main Pool   |
| FRIDAY  | Aquatic Fitness   |   |   |
| <b>Pools Open 5:30am - 8:45pm</b>   | 8:15-9am<br>9:15-10am<br>12:15-1pm<br>1-1:45pm  | High Intensity<br>Deeper Power<br>Aqua Barre<br>Rhythmic Vibes  | Main Pool<br>Main Pool<br>Splash Pool<br>Splash Pool  |
| SATURDAY  | SUNDAY  |   |   |
| <b>MAIN POOL Open 6am 6:45pm</b><br><b>SPLASH POOL Open 7:30am-6:45pm</b>   | <b>Pools Open Noon - 6:45pm</b><br><i>*Special Olympics 4-5:30pm in Main Pool*</i>                          |   |   |
| <p style="text-align: center;"><b><u>5 Star</u></b><br/> <b><u>Swim Practice</u></b><br/>                     Monday-Friday 4:30-7:15pm<br/>                     Saturday 8-11:15am</p> | <p style="text-align: center;"><b>Looking for<br/>Swim Lessons or Private Sessions?</b></p>                 |   |   |
|   | PRESCHOOL<br>LESSONS<br> | YOUTH<br>LESSONS<br> | PRIVATE<br>LESSONS<br> |

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

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