Fall 2026
Drop-in Lap Pool Schedule

Activity	Times	Day of Week
Lane Swim (8 Lanes)	7:30 to 8:30 a.m. 10:45 to 11:45 a.m. 11:45 a.m. to 12:45 p.m. 12:00 to 1:00 p.m.	Tuesday,Thursday ,Friday Monday, Wednesday, Friday Monday to Friday Saturday, Sunday
Lane Swim (5 Lanes)	7:30 to 8:30 a.m. 3:00 to 4:00 p.m. 7:00 to 8:00 a.m.	Monday, Wednesday Monday, Wednesday Sunday
Lane Swim (4 Lanes)	8:00 to 9:00 p.m.	Monday to Thursday
Lane Swim (3 Lanes)	6:00 to 7:30 a.m. 9:00 to 10:00 a.m.	Monday to Friday Saturday
Aquafit	9:00 to 9:45 a.m. 11:00 to 11:45 a.m.	Monday, Wednesday, Friday, Saturday Tuesday, Thursday
Boot Camp	8:00 to 8:45 p.m. 7:30 to 8:15 p.m.	Monday Tuesday
Noodle Fit	10:00 to 10:45 a.m. 8:00 to 8:45 p.m.	Monday, Friday Wednesday
Aqua HIIT	9:15 to 10:00 a.m.	Thursday
Aqua Cycle	9:15 to 10:00 a.m.	Tuesday
Aqua Finning	10:00 to 10:45 a.m. 8:15 to 9:00 p.m.	Wednesday Tuesday
Fun Swim	1:00 to 2:00 p.m.	Saturday, Sunday

***Schedule subject to change**

Flip Over for Program Descriptions

Program Descriptions

Lane Swim: All swimmers are welcome. Slow, medium, and fast lanes. Number of lanes available will be dependent on other programming in the pool.

Aquafit: AquaFit is an excellent cardio and muscle workout that is low impact and uses the water as resistance. Remember to go at your own pace, listen to your body and put in what you want out.

Aqua Boot Camp: This high intensity workout will put you through the paces with a fun and interactive water workout. The program allows you to set your own personal fitness goals while working to achieve your personal best.

Aqua Cycle: Aqua cycle is an indoor cycling class that takes place in the pool. Participants use a stationary bike in 3 to 4 feet of water and pedal against the resistance of the water. The water's buoyancy helps provide support to working muscles and joints, and can be beneficial to those with limited mobility or recovering from an injury. This low impact program has a focus on cardiovascular fitness.

Deep Water Running: Deep Water Running is one of the best cardio workouts for injured runners as well as an excellent form of cross training for healthy runners. Deep water running is a great way to decrease risk of running related injuries.

Aqua HIIT: Want to get your heart rate up? Try this High Intensity Interval Training program in the water! Be prepared for anything and everything! Participants will work with all types of equipment including noodles, foam weights, paddles, boards and more!

Aqua Finning: Love swimming and want to try something a little different, check out this AquaFit class that incorporates fins. Participants will work in vertical, horizontal and seated positions to engage different muscle groups in the legs and core.

Deep Water Noodle: Deep Water Aqua Noodle is one of the best pool workouts you can get without swimming laps. The program will use resistance exercises with the support of a basic foam noodle.

Fun Swim: Shallow and Deep areas are available as well as fun pool activities. Pool admission policies apply. Please review before arrival.

