

EAST POOL SCHEDULE

Effective September 6, 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Open swim <u>7:30AM-12:30PM</u>	Open swim <u>7:30AM-9AM</u>	Open swim <u>7:30AM-12:30PM</u>	Open swim <u>7:30AM-9AM</u>	Open swim <u>7:30AM-12:30PM</u>	Swim Lessons <u>8:30-10AM</u> (Pool and Whirlpool Closed)	Open swim <u>12:30PM-3PM</u>
ELC Swim <u>10:30-11:30AM</u>	Aqua Zumba <u>9-9:45AM</u> (Pool Closed) ELC Swim <u>10:30-11:30AM</u>	ELC Swim <u>10:30-11:30AM</u> Swim Lessons <u>11-12:30PM</u>	Aqua Zumba <u>9-9:45AM</u> (Pool Closed) ELC Swim <u>10:30-11:30AM</u>	ELC Swim <u>10:30-11:30AM</u>	Open swim <u>10AM-12:30PM</u>	
Frog Swim Team <u>4-6PM</u> (Pool and Whirlpool Closed)	Open swim <u>10AM-12:30PM</u> Frog Swim Team <u>4-5:30PM</u> (Pool and Whirlpool Closed)	Frog Swim Team <u>4-5:30PM</u> (Pool and Whirlpool Closed)	Open swim <u>10AM-12:30PM</u> Frog Swim Team <u>4-6PM</u> (Pool and Whirlpool Closed)	<u>Rules</u> • Must be 18 years of age to use the Whirlpool • All children under the age of 7 must have an adult in the water with them at all times • Children ages 8-10 must have an adult in the pool area and must pass the swim test		
Open Swim <u>6-8:30PM</u>	Swim Lessons <u>5:30-7:30PM</u> (Pool and Whirlpool Closed)	Swim Lessons <u>5:30-7PM</u> (Pool and Whirlpool Closed)	Swim Lessons <u>6-7:30PM</u> (Pool and Whirlpool Closed)			
	Open Swim <u>7:30-8:30PM</u>	Open Swim <u>7-8:30PM</u>	Open Swim <u>7:30-8:30PM</u>			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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<u>Adult Lap Swim</u> 5-10AM	<u>Adult Lap Swim</u> 5AM-1PM	<u>Adult Lap Swim</u> 5-10AM	<u>Adult Lap Swim</u> 5AM-1PM	<u>Adult Lap Swim</u> 5-10AM	<u>Open Lap Swim</u> 8:30AM-12PM	<u>Open Lap Swim</u> 12:30PM-3PM
<u>Water Volleyball</u> 10-11AM (Pool Closed) <u>Adult Lap Swim</u> 11AM-1PM		<u>Water Volleyball</u> 10-11AM (Pool Closed) <u>Adult Lap Swim</u> 11AM-1PM		<u>Water Volleyball</u> 10-11AM (Pool Closed) <u>Adult Lap Swim</u> 11AM-1PM		
<u>Frog Swim Team</u> 4-7PM (Pool Closed)	<u>Frog Swim Team</u> 4-7PM (Pool Closed)	<u>Frog Swim Team</u> 4-7PM (Pool Closed)	<u>Frog Swim Team</u> 4-6PM (Pool Closed)		<u>Directions</u> -If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. <u>Speed</u> - Please try to choose a lane with swimmers that most nearly match your speed.	
<u>Adult Lap Swim</u> 7-8:30PM	<u>Adult Lap Swim</u> 7-8:30PM	<u>Adult Lap Swim</u> 7-8:30PM	<u>Adult Lap Swim</u> 6-8:30PM (6-7:15pm 3 Lanes reserved for Special Olympics Swim Team)	<u>Adult Lap Swim</u> 6-7:30PM		
<u>Swimming Tips</u> -To avoid accidents, when entering an occupied lane, please get the first swimmer’s acknowledgement that you are there. -Please get kickboards, pull bouys, etc. before entering the pool.						



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