



OUTDOOR LAP POOL SCHEDULE FALL 2026—STARTING SEPT 13TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim Ages 18+ 5:00AM – 10:00PM	Lap Swim Ages 18+ 5:00AM – 10:00PM	Lap Swim Ages 18+ 5:00AM – 10:00PM	Lap Swim Ages 18+ 5:00AM – 10:00PM	Lap Swim Ages 18+ 5:00AM – 10:00PM	Lap Swim Ages 18+ 7:00AM – 7:00PM	Lap Swim Ages 18+ 7:00AM – 7:00PM

The gated area surrounding the outdoor lap pool is reserved for members ages 18 and older only.

Lap Pool Information

Lap Swim: Members ages 18 and older may walk, swim laps, or do therapy exercises.

Hydro-Fit: A deep water, non-impact, high energy class. Float belts around your waist keep you buoyant and increase your lower body resistance. Hand buoys and water gloves are provided for upper body resistance and help to isolate abdominal muscles. The class sequence includes warm-up, aerobic phase, upper/lower body and abdominal exercises, stretching, and cool down. *This class will be held in the outdoor pool, weather permitting.*

Outdoor concessions will operate during family swim hours.

Thank you for your cooperation and for helping us keep the pool area safe and fun for everyone!



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