

July/August Indoor Pool

| | Holidays <small>July 1, Aug 5 & Sept 2</small> | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|-------------|-------------|-------------|----------------------|----------------------|----------------------|-------------|
| 6:30 AM | | | | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim |
| 7:00 AM | | | | 6:30-7:30 | 6:30-7:30 | 6:30-7:30 | 6:30-7:30 | 6:30-7:30 |
| 7:30 AM | | | | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim |
| 8:00 AM | | | | 7:30-8:45 | 7:30-8:45 | 7:30-8:45 | 7:30-8:45 | 7:30-8:45 |
| 8:30 AM | | Adult Swim | Adult Swim | | | | | |
| 9:00 AM | | 8:30-9:30 | 8:30-9:30 | Lessons | Lessons | Lessons | Lessons | Lessons |
| 9:30 AM | | Adult Swim | Adult Swim | 9:00-12:30 | 9:00-12:30 | 9:00-12:30 | 9:00-12:30 | 9:00-12:30 |
| 10:00 AM | | 9:30-10:30 | 9:30-10:30 | | | | | |
| 10:30 AM | Senior Swim | Senior Swim | Senior Swim | | | | | |
| 11:00 AM | 10:30-11:30 | 10:30-11:30 | 10:30-11:30 | | | | | |
| 11:30 AM | Adult Swim | Adult Swim | Adult Swim | | | | | |
| 12:00 PM | 11:30-12:30 | 11:30-12:30 | 11:30-12:30 | | | | | |
| 12:30 PM | Adult Swim | Adult Swim | Adult Swim | Aquafit | Adult Swim | Aqua Zumba | Aquafit Lite | Aquafit |
| 1:00 PM | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 | 12:30-1:30 |
| 1:30 PM | Senior Swim | Senior Swim | Senior Swim | Senior Swim | Senior Swim | Senior Swim | Senior Swim | Senior Swim |
| 2:00 PM | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 | 1:30-2:30 |
| 2:30 PM | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Family Swim | Family Swim | Family Swim | Adult Swim |
| 3:00 PM | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 | 2:30-3:30 |
| 3:30 PM | Adult Swim | Adult Swim | Adult Swim | Family Swim | Lessons 3:30-8:30 | Lessons 3:30-8:30 | Lessons 3:30-8:30 | Family Swim |
| 4:00 PM | 3:30-4:30 | 3:30-4:30 | 3:30-4:30 | 3:30-4:30 | | | | 3:30-4:30 |
| 4:30 PM | Adult Swim | Adult Swim | Adult Swim | Open Swim | | | | Open Swim |
| 5:00 PM | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | | | | 4:30-5:30 |
| 5:30 PM | | Adult Swim | Adult Swim | Family Swim | | | | Family Swim |
| 6:00 PM | | 5:30-6:30 | 5:30-6:30 | 5:30-6:30 | | | | 6:30-6:30 |
| 6:30 PM | | Adult Swim | Adult Swim | Open Swim | | | | Open Swim |
| 7:00 PM | | 6:30-7:30 | 6:30-7:30 | 6:30-7:30 | | | | 6:30-7:30 |
| 7:30 PM | | Adult Swim | Adult Swim | Adult Swim | | | | Adult Swim |
| 8:00 PM | | 7:30-8:30 | 7:30-8:30 | 7:30-8:30 | | | | 7:30-8:30 |
| 8:30 PM | | | | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim |
| 9:00 PM | | | | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 |