

# AQUATIC SCHEDULE

Summer 2025

June 1-August 31

Except for holidays, Special Events and Swim Meets.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE
5:30														
6:00														
6:30														
7:00	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LIMITED LANES MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am			LAP SWIMMING	WATER WALKING 7-8am
7:30														
8:00														
8:30	FLUID RUNNING 8-8:55am	CARDIO PILATES 8-8:50am	FLUID RUNNING 8-8:55am		FLUID RUNNING 8-8:55am	AquaBata 8-8:50am	SENIOR FLUID RUNNING 8-8:55am		FLUID RUNNING 8-8:55am					
9:00														
9:30		ARTHRITIS THERAPY 9-9:50am		ARTHRITIS THERAPY 9-9:50am		ARTHRITIS THERAPY 9-9:50am	HIIT Bootcamp 9-9:50am			AQUA CARDIOTONE 9-9:50am				
10:00	SWIM LESSONS 9am-12:30pm	SWIM LESSONS 10-11am	SWIM LESSONS 9am-12:30pm		SWIM LESSONS 9am-12:30pm	SWIM LESSONS 10am-12:30pm	SWIM LESSONS 9am-12:30pm	SWIM LESSONS 9am-12:30pm	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LIMITED LANES SWIM LESSONS 8-Noon		LIMITED LANES SWIM LESSONS 8-Noon	
10:30														
11:00		AQUA LOW IMPACT 11-11:50pm		SWIM LESSONS 10am-12:30pm		AQUA LOW IMPACT 11-11:50am								
11:30		SWIM LESSONS 12-12:30pm												
12:00														
12:30														
1:00	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING		LAP SWIMMING	OPEN SWIM 12-3:30pm	LAP SWIMMING	OPEN SWIM 12-3:30pm
1:30														
2:00														
2:30														
3:00														
3:30														
4:00			LIMITED LANES		LIMITED LANES		LIMITED LANES							
4:30	SWIM LESSONS 4-5pm	SWIM LESSONS 3:30-7:30pm	SWIM LESSONS 4-5pm	SWIM LESSONS 3:30-7:30pm	SWIM LESSONS 4-5pm	SWIM LESSONS 3:30-7:30pm	SWIM LESSONS 4-5pm	SWIM LESSONS 3:30-7:30pm	LAP SWIMMING	OPEN SWIM 12-8pm				
5:00										WATER SLIDE 4-7pm				
5:30	SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-7:30pm		SWIM TEAM 5-8pm							
6:00														
6:30														
7:00	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES							
7:30														
8:00	MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LAP SWIMMING	OPEN SWIM 7:30-9pm						
8:30														
9:00														

Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.

## Non-Member Admission Fee:

Admission Fee: \$14 | In-District Rate: \$10 | Children 2 and under are free.

Swim Central closes at 9pm Monday-Friday  
and at 4pm on Fridays for Stars swim meets.

STARS Swim Meets June 20, June 27, & July 18

## AQUATIC CLASSES SCHEDULE

### MONDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Cardio Pilates	8-8:50am
Arthritis Therapy	9-9:50am
Aqua Low Impact	11-11:50am

### TUESDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Arthritis Therapy	9-9:50am

### WEDNESDAY:

CLASS	TIME
Fluid Running*	8-8:55am
AquaBata	8-8:50am
Arthritis Therapy	9-9:50am
Aqua Low Impact	11-11:50am

### THURSDAY:

CLASS	TIME
Fluid Running* (Senior Class)	8-8:55am
HIIT Bootcamp	9-9:50am

### FRIDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

\*Not included in membership. Register on line or in person drop in.

Magenta classes are taught by Kathy  
Blue classes instructor Shelly  
Green classes instructor Sheryl

## SPLASH ISLAND SCHEDULE

### MONDAY

OPEN SWIM  
10:00am-8:00pm

### TUESDAY

OPEN SWIM  
10:00am-8:00pm

### WEDNESDAY

OPEN SWIM  
10:00am-8:00pm

### THURSDAY

OPEN SWIM  
10:00am-8:00pm

### FRIDAY

OPEN SWIM  
10:00am-8:00pm

### SATURDAY

OPEN SWIM  
10:00am-3:30pm

### SUNDAY

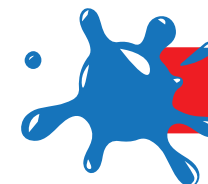
OPEN SWIM  
10:00am-3:30pm



## SENSORY FRIENDLY SWIMS

7-9pm on the 1st Wednesday of each month.

(Quiet and distraction free facility operations: no programming, no play features, music turned off to ensure calm and welcoming environment.)



See the Swim Central  
schedule on the backside.

LAST UPDATED: 04/21/2025