

AQUATIC SCHEDULE

★ **MEMORIAL WEEK** ★

May 24-May 30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE
5:30	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 5:30-8am	LIMITED LANES	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am		
6:00														
6:30														
7:00														
7:30														
8:00	LAP SWIMMING	AQUA CARDIOTONE 9-9:50am	FLUID RUNNING 9-9:55am	AQUA PILATES 8-8:50am	FLUID RUNNING 8-8:55am	AQUA BATA 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am	AQUA BALANCE 8-8:50am	FLUID RUNNING 8-8:55am	AQUA CARDIOTONE 9-9:50am	WATER WALKING 7am-12pm	LAP SWIMMING	WATER WALKING 7am-12pm
8:30														
9:00														
9:30														
10:00														
10:30	LAP SWIMMING	ARTHROSIS THERAPY 10-10:50am	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	ARTHROSIS THERAPY 10-10:50am	LAP SWIMMING	AQUA LOW IMPACT 11-11:50am	ARTHROSIS THERAPY 10-10:50am	LAP SWIMMING	AQUA LOW IMPACT 11-11:50am	WATER WALKING 7am-12pm	LAP SWIMMING	WATER WALKING 7am-12pm
11:00														
11:30														
12:00														
12:30														
1:00	LAP SWIMMING	OPEN SWIM 11am-9pm	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	WATER SLIDE 12-5pm	LAP SWIMMING	OPEN SWIM 12-5:30pm
1:30														
2:00														
2:30														
3:00														
3:30	LAP SWIMMING	OPEN SWIM 11am-9pm	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	WATER SLIDE 12-5pm	LAP SWIMMING	OPEN SWIM 12-5:30pm
4:00														
4:30														
5:00														
5:30														
6:00	LAP SWIMMING	OPEN SWIM 11am-9pm	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	LAP SWIMMING	LAP SWIMMING	OPEN SWIM 12-9pm	WATER SLIDE 4-8pm	LAP SWIMMING	OPEN SWIM 12-5:30pm
6:30														
7:00														
7:30														
8:00														
8:30	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	LAP SWIMMING	PRIVATE RENTAL 6-8pm	PRIVATE RENTAL 6-8pm	PRIVATE RENTAL 6-8pm
9:00														

See the back of the page for more information

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 will close at 1pm on February 8 for STARS Swim Team Meets.

There will be no lap swimming Mon-Wed 5-7pm, Thursday 4:30-7pm due to youth programming, and weekday mornings during Fluid Running. We will do our best to ensure at least 2 lanes are available during all other programming time slots as noted with LIMITED LANES above.

Swim Central closes at 9pm Monday-Friday and at 1pm on days on the Stars swim meets.

MONDAY:

CLASS	TIME
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am

TUESDAY:

CLASS	TIME
Aqua Pilates (HIIT and tabata intervals)	8-8:50am
Fluid Running*	9-9:55am

WEDNESDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Aqua Bata (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am

THURSDAY:

CLASS	TIME
Aqua Balance	8-8:50am
Fluid Running* (Senior Class)	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

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 Mary

SPLASH ISLAND SCHEDULE (May 24-30 ONLY)

SATURDAY MAY 24

OPEN SWIM
10:00am-3:30pm

SUNDAY MAY 25

OPEN SWIM
10:00am-3:30pm

★ MEMORIAL DAY ★ MONDAY MAY 26

OPEN SWIM
10:00am-12:30pm

TUESDAY MAY 27

OPEN SWIM
2:00-7:00pm

WEDNESDAY MAY 28

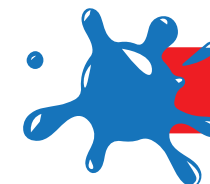
OPEN SWIM
2:00-7:00pm

THURSDAY MAY 29

OPEN SWIM
2:00-7:00pm

FRIDAY MAY 30

OPEN SWIM
2:00-7:00pm



See the Swim Central
schedule on the backside.

LAST UPDATED: 04/21/2025