

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	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											
6:00																					
6:30																					
7:00																					
7:30	LAP SWIMMING	CARDIO PILATES 8-8:50am	FLUID RUNNING 8-8:55am		LAP SWIMMING	AquaBata 8-8:50am	SENIOR FLUID RUNNING 8-8:55am		LAP SWIMMING		LAP SWIMMING	WATER WALKING 7-8am	LAP SWIMMING	WATER WALKING 7-8am							
8:00																					
8:30																					
9:00																					
9:30	SWIM LESSONS 9am-12:30pm	ARTHRITIS THERAPY 9-9:50am	SWIM LESSONS 9am-12:30pm	ARTHRITIS THERAPY 9-9:50am	SWIM LESSONS 9am-12:30pm	ARTHRITIS THERAPY 9-9:50am	HIIT Bootcamp 9-9:50am	SWIM LESSONS 9am-12:30pm	LAP SWIMMING	AQUA CARDIOTONE 9-9:50am	LIMITED LANES SWIM LESSONS 8-Noon		LIMITED LANES SWIM LESSONS 8-Noon								
9:30																					
10:00																					
10:30																					
11:00	SWIM LESSONS 10am-12:30pm	AQUA LOW IMPACT 11-11:50pm	SWIM LESSONS 10am-12:30pm		SWIM LESSONS 10am-12:30pm	AQUA LOW IMPACT 11-11:50am		SWIM LESSONS 10am-12:30pm	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LIMITED LANES SWIM LESSONS 8-Noon		LIMITED LANES SWIM LESSONS 8-Noon								
11:00																					
11:30																					
11:30																					
12:00	SWIM LESSONS 12-12:30pm										SWIM LESSONS 12-12:30pm		SWIM LESSONS 12-12:30pm								
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	LAP SWIMMING	WATER SLIDE 12:30-3:30pm	LAP SWIMMING	WATER SLIDE 12:30-3:30pm	LAP SWIMMING	WATER SLIDE 12:30-3:30pm	LAP SWIMMING	WATER SLIDE 12:30-3:30pm	LIMITED LANES		LAP SWIMMING	WATER SLIDE 12-3pm	LAP SWIMMING	WATER SLIDE 12-3pm							
3:30																					
4:00																					
4:30																					
5:00	SWIM LESSONS 4-5pm	SWIM LESSONS 3:30-7:30pm	LIMITED LANES SWIM LESSONS 4-5pm	SWIM LESSONS 4-5pm	LIMITED LANES SWIM LESSONS 4-5pm	SWIM LESSONS 4-5pm	LIMITED LANES SWIM LESSONS 4-5pm	SWIM LESSONS 4-5pm	LAP SWIMMING	OPEN SWIM 12-8pm	PRIVATE RENTAL 4-6pm		PRIVATE RENTAL 4-6pm								
5:30																					
6:00																					
6:30																					
7:00	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LAP SWIMMING	WATER SLIDE 12:30-7pm	PRIVATE RENTAL 4-6pm		PRIVATE RENTAL 4-6pm								
7:30																					
8:00																					
8:30																					
9:00	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LIMITED LANES MASTERS SWIM TEAM 8-9pm	OPEN SWIM 7:30-9pm	LAP SWIMMING		PRIVATE RENTAL 4-6pm		PRIVATE RENTAL 4-6pm								
8:30																					
9:00																					
9:00																					

Swim Central closes at 9pm Monday–Thursday and at 8pm on Fridays.

The facility will close early at 4 PM on Fridays when STARS swim meets are scheduled.

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

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–Thursday and at 8pm on Fridays.

The facility will close early at 4 PM on Fridays when STARS swim meets are scheduled.

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

AQUATIC CLASSES SCHEDULE

MONDAY:

CLASS	TIME
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
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
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

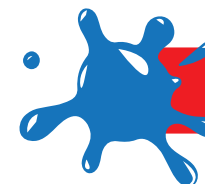
OPEN SWIM
10:00am-3:30pm



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.