



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

POOL SCHEDULE

March 1, 2025 – March 31, 2025

Note: Schedule subject to change. Please see website for most up to date schedule.

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------------------|-------------------------------|-------------------------------------|---------------------------|-------------------------------------|-------------------------------|-----------------------------|
| <p>Shaded Areas Indicates program times where pool is closed for programs or rentals.</p> <p>Deep Water Test Required for 13 years and younger. Test will be given at the beginning of open swim. Once completed get wristband from the Welcome Center to swim in deep water.</p> <p>Open Swim Available to all. 9 and younger must have adult present in pool. 13 and younger require deep water test to swim in deep end. Pool will be available for laps at the lifeguard's discretion.</p> <p>Adult Lap Swim Open for continuous lap swimming age 16+ Circle swimming will be enforced at discretion of the lifeguard.</p> | CLOSED | 5:15-8:00 Adult Lap | 5:15-8:00 Adult Lap | 5:15-8:00 Adult Lap | 5:15-8:00 Adult Lap | 5:15-8:00 Adult Lap | 6:15-8:00 Adult Lap |
| | | 8:15-9:00 Aquacise | 8:15-9:00 Aqua HIIT | 8:15-9:00 Aquacise | 8:15-9:00 Aqua Kickboxing | 8:15-9:00 Aquacise | 8:00-8:45 Aqua Cycle |
| | | 9:00-10:00 Layton PT | 9:15-10:00 Aqua Cycle | 9:00-11:15 SAW Program | 9:15-10:00 Aqua Step | 9:00-10:00 Layton PT | 9:00-11:15 Swim Lessons |
| | 10:15-12:00 Adult Lap | 10:30-11:15 Deep Water Jog | 10:00-12:15 Swim Lessons | | 10:15-1:15 Adult Lap | 10:30-11:15 Deep Water Jog | Pool Closed 11:15-12:00 |
| | Open Swim 12:30 – 3:00 | 11:30-1:15 Adult Lap | 12:15-1:15 Adult Lap | 11:30-1:15 Adult Lap | | 11:30-1:15 Adult Lap | 11:30-1:15 Adult Lap |
| | | 1:30-2:15 Water Movement | 1:30-2:15 Silver Sneakers Splash | 1:30-2:15 Aqua Cycle | 1:30-2:15 Silver Sneakers Splash | | 1:30-2:15 Water Movement |
| | | 2:30-4:00 After School | 2:30-4:00 After School | 2:30-3:30 Layton PT | 2:30-4:00 After School | 2:30-4:00 After School | |
| | | 4:00-6:15 Open Swim | 4:00-5:00 Open Swim | 5:00-6:45 Swim Lessons | 4:00-6:15 Open Swim | 4:00-5:00 Open Swim | 4:00-6:15 Open Swim |
| | | | 6:00-6:45 Aquacise | | | 5:00-6:45 Swim Lessons | |
| | 6:30-7:15 Deep Water Bootcamp | | 6:45-7:30 Open Swim | 6:45-7:30 Aqua Zumba | 6:45-7:30 Open Swim | 6:30-7:30 Open Swim | CLOSED |
| | 7:30-8:45 Adult Lap | 7:45-8:45 Adult Lap | 7:45-8:45 Adult Lap | 7:45-8:45 Adult Lap | 7:45-8:45 Adult Lap | | |