

# MAIN (Lap) POOL SCHEDULE

May 1-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	6:15-8:15am Teen & Adult Lap
	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	
	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	8:15-9:00am Water Fitness
10:15-1:00pm Teen & Adult Lap	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	9:00-9:45am Aqua Zumba
	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	10:45-3:30pm Adult Lap	10:45-11:30am Water Fitness	10:00-11:00am Open Swim
				CLOSED: 5/1/25 Harvey Boat Race 10:45-11:45am	11:30-3:30pm	
1:00-3:45pm Family Swim	11:30-1:30pm Adult Lap		11:30-1:30pm Adult Lap		Adult Lap	11:00-3:00pm Teen & Adult Lap
<b>May 11th: Shared pool LG Class</b>	1:30-2:15pm	1:30-2:15pm	1:30-2:15pm			3:00-5:45pm Swim
<b>May 18th: Shared pool LG Class</b>	SilverSneakers	Silver Sneakers Splash	SilverSneakers			<b>May 10th: Shared pool LG Class</b>
	Splash		Splash			
	2:15-3:30pm Older Adult Lap	2:15-3:30pm Older Adult Lap	2:15-3:30pm Teen & Adult Lap			
	3:30-5pm Closed: SAW	3:30-5pm Closed: SAW	3:30-5:00pm CLOSED:SAW	3:30-5:00pm Closed: SAW	3:30-5:00pm Closed: SAW	
	5:00-5:45pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	
	6:00-6:45pm Floating HITT	5:45-6:30pm Water Fitness	6:00-8:00pm Open Swim	5:45-6:30pm Water Fitness	6:00-8:00pm Open Swim	
	6:45-7:30pm	6:30-8:00pm	<b>May 14th: Shared pool LG Class</b>	6:30-8:00pm		
	Floating Balance	Open Swim		Open Swim		
	7:45-8:45pm Adult Lap	8:00-8:45pm Adult Lap	8:00-8:45pm Adult Lap	8:00-8:45pm Adult Lap	8-8:45pm Adult Lap	

**POOL CLOSED FOR EVENT May 1st 10:45am-12pm**

**POOLS CLOSED FOR EVENT May 5 - 9 & 12 - 16 3:30 - 5pm**

**Lap Swim: Lanes available on a first come basis. Please share lanes.**

**Family Swim: The pool will be divided shallow to deep. Parents must remain with their children.**

**Open Swim: The pool will be divided into shallow and deep. Open to all. Please see below for age guidelines.**

**For your safety:**

**Children under 6 years old must have a parent in the water within arm's reach for the duration of open swim.**

**Ages 6-9 must be accompanied by an adult in the water. After passing the swim test, an adult must remain in the pool area.**

**Ages 10-13 are allowed only in the shallow water until swim test is passed.**

**Flotation Devices must be Coast Guard approved.**

**Swim Test Policy: All children ages 13 and under must pass a safety swim test to swim in the deep area.**

**Lifeguards, at their discretion, can test others.**

For Up to Date information on Open Swim, Family Swim and Lap Swim times,  
visit our online calendar <https://www.lakecountymca.org/centralmainpoolschedule>

Updated: 4/29/25

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# INSTRUCTIONAL (Small) POOL SCHEDULE

May 1-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
10:15-3:45pm Family Swim	9:00-10:00am CLOSED: Program	9:00-11:00 CLOSED: Program	9:00-10:00am CLOSED: Program	9:00-11:00am CLOSED: Program	9:00-10:00am CLOSED: Program	9:00-NOON Open Swim
	10:00-12:00pm Open Swim	11:00-12:00pm Open Swim	10:00-12:00pm Open Swim	11:00-12:00pm Open Swim	10:00-12:00pm Open Swim	
	Closed	CLOSED	Closed	CLOSED	CLOSED	CLOSED Noon-5:45pm
						3:00-5:45PM Open Swim
	3:30-5pm Closed: SAW	3:30-5pm Closed: SAW	3:30-5:00pm CLOSED:SAW	3:30-5:00pm Closed: SAW	3:30-5:00pm Closed: SAW	
	5:00-6:00pm Adult Open	5:00-6:00pm Adult Open	5:00-6:00pm Adult Open	5:00-6:00pm Adult Open	5:00-6:00pm Adult Open	
	6:00-8:45pm CLOSED	6:00-7:30pm Open Swim	6:00-8:00pm Open Swim	6:00-8:00pm Open Swim	6:00-8:00pm Open Swim	
		7:30-8:45pm CLOSED		7:30-8:45pm CLOSED		
			8:00-8:45pm CLOSED		8-8:45pm CLOSED	

**POOLS CLOSED FOR EVENT May 5 - 9 & 12 - 16 3:30 - 5pm**

**Lap Swim: Lanes available on a first come basis.**

**Family Swim: The pool will be divided shallow to deep. Parents must remain with their children.**

**Open Swim: The pool will be divided into shallow and deep. Open to all. Please see below for age guidelines.**

**For your safety:**

**Children under 6 years old must have a parent in the water within arm's reach for the duration of open swim.**

**Ages 6-9 must be accompanied by an adult in the water. An adult must remain in the pool area.**

**updated:**

**4/29/25 AS**