



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

POOL SCHEDULE

June 1, 2025 – June 30, 2025

<div>Shaded Areas</div> <div>Indicates program times where pool is closed for programs or rentals.</div> <div>Deep Water Test</div> <div>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.</div> <div>Open Swim</div> <div>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.</div> <div>Adult Lap Swim</div> <div>Open for continuous lap swimming age 16+ Circle swimming will be enforced at the discretion of the lifeguard.</div> <div>Adult Water Exercise</div> <div>Open for water walking or stationary exercise</div>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	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	5:15-8:00 Adult Lap	7:15-8:00 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 Step	9:00-11:15 Pool Closed	9:15-11:15 Swim Lessons	9:00-10:00 Layton PT	9:00-11:15 Swim Lessons	
		10:30-11:15 Deep Water Jog	10:30-11:45 Swim Lessons			10:30-11:15 Deep Water Jog	11:30-3:00 Open Swim	
		11:30-1:15 Adult Lap	11:45-1:15 Adult Lap	11:30-1:15 Adult Lap	11:30-1:15 Adult Lap	11:30-1:15 Adult Lap		
		1:30-2:15 Silver Sneakers Splash	1:30-2:15 Adult Water Exercise	1:30-2:15 Aqua Cycle	1:30-2:15 Silver Sneakers Splash	1:30-2:15 Water Movement		
		2:30-6:15 Open Swim	2:30-4:00 Day Camp	2:30-3:30 Layton PT	2:30-4:00 Day Camp	2:30-6:00 Open Swim	CLOSED	
			4:00-5:00 Open Swim	4:00-6:15 Open Swim	4:00-5:00 Open Swim			
			5:00-6:00 Swim Lessons		5:00-6:45 Swim Lessons			
			6:00-6:45 Aquacise	6:45-7:30 Aqua Zumba	6:45-7:30 ½ Open Swim ½ Swim Lesson	6:30-7:30 Open Swim		
		6:30-7:15 Deep Water Bootcamp	6:45-7:30 ½ Open Swim ½ Swim Lesson	6:45-7:30 Aqua Zumba	6:45-7:30 ½ Open Swim ½ Swim Lesson	6:30-7:30 Open Swim		
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				