



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

POOL SCHEDULE

August 18, 2025 – August 31, 2025

Note: Pool Closed August 3rd – August 17th For our annual deep cleaning

Pool schedule subject to change

<div>Shaded Areas</div> <div>Indicates program times where pool is closed for programs or rentals.</div> <div>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.</div> <div>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.</div> <div>Adult Lap Swim Open for continuous lap swimming age 16+ Circle swimming will be enforced at the discretion of the lifeguard.</div> <div>Adult Water Exercise 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	9:30-1:15 Adult Lap	9:00-10:00 Layton PT	9:15-11:15 Adult Lap	
		10:30-11:15 Deep Water Jog	10:30-1:15 Adult Lap			10:30-11:15 Deep Water Jog	11:30-3:00 Open Swim	
		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	3:00-5:30 Open Swim	2:30-3:30 Layton PT	3:00-7:15 Open Swim	3:00-6:00 Open Swim	CLOSED	
				4:00-6:15 Open Swim				
		6:00-6:45 Aquacise	6:45-7:30 Open Swim	6:45-7:30 Aqua Zumba		6:30-7:30 Open Swim		
		6:30-7:15 Deep Water Bootcamp						
		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		