

MAIN (Lap) POOL SCHEDULE

August 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 | 7:15-8:15am 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 | 8:15-9:00am 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 | 9:15-10:00am Water Fitness | 9:00-9:45am Aqua Zumba |
| | 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 | 10:00-Noon Open Swim |
| | 10:45-11:30am Water Fitness | 10:45-1:30pm Adult Lap | 10:45-11:30am Water Fitness | 10:45-3:00pm Adult Lap | 10:45-11:30am Water Fitness | |
| | 11:30-1:30pm Adult Lap | | 11:30-1:30pm Adult Lap | | 11:30-6:00pm Adult Lap | Noon-1:00pm Teen & Adult Lap |
| | 1:30-2:15pm SilverSneakers Splash | 1:30-2:15pm Silver Sneakers Splash | 1:30-2:15pm SilverSneakers Splash | | | 1:00-3:45pm Open Swim |
| | 2:15-4:00pm Teen & Adult Lap | 2:15-4:00pm Teen & Adult Lap | 2:15-4:00pm Teen & Adult Lap | 3:00-5:00pm Open Swim | | |
| | 4:00-5:00pm Open Swim | 4:00-5:00pm Open Swim | 4:00-5:00pm Open Swim | | | |
| | 5:00-5:45pm Adult Lap | 5:00-5:45pm Adult Lap | 5:00-6:00pm Adult Lap | 5:00-5:45pm 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 Floating Balance | 6:30-8:00pm Open Swim | | 6:30-8:00pm 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 ANNUAL CLEANING AUGUST 10th-24th

Shaded Areas indicate registration is required, all other areas indicate space availability is on a first come basis.

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.lakecountymmca.org/centralmainpoolschedule>

Updated: 7/17/25