

# MAIN (Lap) POOL SCHEDULE

November 1-30th

| Sunday                                    | Monday                                  | Tuesday                                 | Wednesday                               | Thursday                                | Friday                                  | Saturday                             |
|-------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|--------------------------------------|
|                                           | 5:15-8:30am<br>Teen & Adult<br>Lap Swim | 5:15-8:30am<br>Teen & Adult<br>Lap Swim | 5:15-8:30am<br>Teen & Adult<br>Lap Swim | 5:15-8:30am<br>Teen & Adult<br>Lap Swim | 5:15-8:30am<br>Teen & Adult<br>Lap Swim |                                      |
| 10:15-12:00pm<br>Teen & Adult<br>Lap Swim | 8:30-9:15am<br>Arthritis Exercise       | 8:30-9:15am<br>Water Fitness            | 8:30-9:15am<br>Arthritis Exercise       | 8:30-9:15am<br>Water Fitness            | 8:30-9:15am<br>Arthritis Exercise       | 6:15-8:15am<br>Teen & Adult Lap      |
|                                           | 9:15-10:00am<br>Water Fitness           | 9:15-10:00am<br>Water Fitness           | 9:15-10:00am<br>Water Fitness           | 9:15-10:00am<br>Water Fitness           | 9:15-10:00am<br>Water Fitness           | 8:15-9:00am<br>Water Fitness         |
|                                           | 10:00-10:45am<br>Arthritis Exercise     | 10:00-10:45am<br>Water Fitness          | 10:00-10:45am<br>Arthritis Exercise     | 10:00-10:45am<br>Water Fitness          | 10:00-10:45am<br>Arthritis Exercise     | 9:00-9:45am<br>Aqua Zumba            |
|                                           | 10:45-11:30am<br>Water Fitness          | 10:45-1:30pm<br>Adult Lap               | 10:45-11:30am<br>Water Fitness          | 10:45-12:00pm<br>Adult Lap              | 10:45-11:30am<br>Water Fitness          | 9:00-Noon<br>CLOSED: Swim<br>Lessons |
|                                           | 11:30-1:30pm<br>Adult Lap               |                                         | 11:30-1:30pm<br>Adult Lap               | <b>12:00-1:00pm<br/>CLOSED: Program</b> |                                         |                                      |
| 12:00-2:30pm<br>Open Swim                 | 1:30-2:15pm<br>SilverSneakers           | 1:30-2:15pm<br>Silver Sneakers          | 1:30-2:15pm<br>SilverSneakers           | 1:00-5:45pm<br>Adult Lap                | 11:30-6:00pm<br>Adult Lap               | Noon-1:00pm<br>Teen & Adult<br>Lap   |
| 2:30-4:00pm<br>Adult Lap                  | Splash                                  | Splash                                  | Splash                                  |                                         |                                         | 1:00-4:00pm<br>CLOSED: Synchro       |
|                                           | 2:15-3:30pm<br>Older Adult Lap          | 2:15-3:30pm<br>Older Adult Lap          | 2:15-4:00pm<br>Teen & Adult Lap         |                                         |                                         | 4:00-5:45pm<br>Teen & Adult Lap      |
|                                           | 3:30-5pm<br>CLOSED: Swim<br>Lessons     | 3:30-5pm<br>Closed: Swim<br>Lessons     | 4:00-5:00pm<br>CLOSED: Swim<br>Lessons  |                                         |                                         |                                      |
|                                           | 5:00-5:45pm<br>Teen & Adult Lap         | 5:00-5:45pm<br>Teen & Adult Lap         | 5:00-6:00pm<br>Teen & Adult Lap         |                                         |                                         |                                      |
|                                           | 6:00-6:45pm<br>Floating HITT            | 5:45-6:30pm<br>Water Fitness            | 6:00-7:30pm<br>CLOSED: Swim<br>Lessons  | 5:45-6:30pm<br>Water Fitness            | 6:00-8:00pm<br>Open Swim                |                                      |
|                                           | 7:00-8:45pm<br>Adult Lap                | 6:30-8:45pm<br>Closed: Synchro          | Shared Pool<br>Adult Lap in 2<br>lanes  | 6:30-8:45pm<br>Closed: Synchro          |                                         |                                      |
|                                           |                                         |                                         | 8:00-8:45pm<br>Adult Lap                |                                         | 8-8:45pm<br>Adult Lap                   |                                      |

**Due to staffing shortages, the pool may be closed at times not listed on the regular schedule. We apologize for any inconvenience and appreciate your understanding**  
**If you would like to join our staff we are hiring for Aquatics**

**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.lakecountymca.org/centralmainpoolschedule>

Updated: 11/3/25