

MAIN (Lap) POOL SCHEDULE

December 22-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	Y CLOSED	Merry Christmas Happy Hoildays	5:15-8:30am Teen & Adult Lap Swim	6:15-9:00am Teen & Adult Lap
10:15-12:00pm	8:30-9:15am Ash:12/29 Arthritis Exercise	8:30-9:15am leslie both weeks Water Fitness			8:30-9:15am Arthritis Exercise	
Teen & Adult Lap Swim	9:15-10:00am Lisa both weeks	9:15-10:00am Lisa Both weeks			9:15-10:00am	9:00-9:45am
	Water Fitness	Water Fitness			Water Fitness	Aqua Zumba
	10:00-10:45am Taylor 12/29 Arthritis Exercise	10:00-10:45am Lisa both weeks Water Fitness			10:00-10:45am Arthritis Exercise	10:00-11:15am Shared Pool: Open/Lap swim
	10:45-11:30am Taylor 12/29 Water Fitness	10:45-1:30pm Adult Lap			10:45-11:30am Water Fitness	11:15-NOON Closed: Synchro STARS
12:00-2:30pm Open Swim	11:30-1:30pm Adult Lap				11:30-3:30pm Adult Lap	Noon-1:00pm Teen & Adult Lap
2:30-3:45pm Adult Lap	1:30-2:15pm SilverSneakers Splash	1:30-2:15pm Silver Sneakers Splash				1:00-4:00pm CLOSED: Synchro
	2:15-3:30pm Older Adult Lap	2:15-3:30pm Older Adult Lap				4:00-5:45pm Teen & Adult Lap
	3:30-5:00pm Open Swim	3:30-5:00pm Open Swim			3:30-5:00pm Open Swim	
	5:00-6:00pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap			5:00-6:00pm Teen & Adult Lap	
	6:00-7:00pm	5:45-6:30pm Celeste both weeks			6:00-8:00pm	
	Open swim	Water Fitness			Open Swim	
	7:00-8:45pm Adult Lap	6:30-8:45pm Closed: Synchrho				
					8-8:45pm 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