



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

REC POOL SCHEDULE

Jan 4- Feb 28, 2026

Note: Schedule subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLOSED	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	5:15-7:30 Adult Lap	7:00-8:00 Adult Open	
	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	7:30-9:00 Adult Open	8:00-8:45 Water Fitness	
	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-9:45 Water Fitness	9:00-12:00 Swim Lessons	
10:15-3:30 Open Swim	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis	10:00-10:45 Arthritis		
	11:00-12:00 Open	11:00-11:45 Yoga/Pilates	11:00-12:00 Open	10:40-11:45 Lessons in bench area- area CLOSED	11:00-12:00 Open **		
3:30 POOL/ SAUNA/ STEAM closed	12:00-1:00 Adult Open/ Lap 12:30-1:15 Adult volleyball	12:00- 4:30 Open Swim	12:00-1:00 Adult Open/ Lap 12:30-1:15 Adult volleyball	11:00-4:30 Open Swim	12:00-1:00 Adult Open/ Lap 12:30-1:15 Adult volleyball	12:00-3:00 Open Swim	
Open Swim Parents (guardian) must be in the water by their child if they are 5 and under. If child is 6-9 years old, a parent should be in the water with child, or child should stay in shallow area of rec pool with parent watching. If child needs a lifejacket, they should not be in the deep area without a parent.	1:00-2:00 Open		1:00-2:00 Open		1:00-2:00 Open		
	2:00-2:45 Arthritis		2:00-2:45 Arthritis		2:00-2:45 Arthritis		
	3:00-4:30 Open		3:00-4:30 Open		3:00-4:00 Open Swim	3:00-4:00 Rental Pool Closed	
	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	4:30-7:00 Swim Lessons	4:00-5:00 Special Olympics	4:00-5:30 Open Swim	
	7:15- 8:00 Water Fitness	7:15-8:00 Aqua Drumming	7:15- 8:00 Water Fitness- Tabata	6:30-7:15 Swim Team	5-8:30pm Open Swim	5:30 POOL/ SAUNA/ STEAM closed	
	8:00-8:30 Open Swim	8:00-8:30 Open Swim	8:00-8:30 Open Swim	7:30-8:30 Open Swim			
8:30 Pool/Sauna/Steam Closed							
Shaded Areas							
Times shaded in blue means the WHOLE pool is closed for the program/rental.							
Times shaded in green means main pool area is closed for programming. Members may use the smaller area with the bench and the play-feature area (but will not be turned on) during these times. We just ask that members be respectful of the noise level during these times as to not disturb the program in the main part of the pool.							
Times shaded in yellow means the smaller area with the bench is closed during that time to members.							
Special Programs/Activities							
** CARES group from 11-12 on Jan 9, Feb 6							