

MAIN (Lap) POOL SCHEDULE

March 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	
10:15-12:00pm Teen & Adult Lap Swim		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	6:15-8:15am Teen & Adult Lap
		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	8:15-9:00am Water Fitness
		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	9:00-9:45am Aqua Zumba
		10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	10:45-12:00pm Adult Lap	10:45-11:30am Water Fitness	10:00-11:30am CLOSED: Swim Lessons
			3/17: Closed: Boat Races 11-noon		12:00-1:00pm CLOSED: Program		
12:00-2:30pm Open Swim	11:30-1:30pm Adult Lap			11:30-1:30pm Adult Lap		11:30-6:00pm Adult Lap	11:30-2:00pm Teen & Adult Lap
		1:30-2:15pm SilverSneakers	1:30-2:15pm Silver Sneakers	1:30-2:15pm SilverSneakers	1:00-5:45pm Adult Lap		2:00-4:00pm Open Swim
2:30-4:00pm Adult Lap		Splash	Splash	Splash			4:00-5:45pm Teen & Adult Lap
		2:15-4pm Older Adult Lap	2:15-4:00pm Older Adult Lap	2:15-4:00pm Teen & Adult Lap			
		4-5:30pm CLOSED: Swim Lessons	4:00-5:30pm Closed: Swim Lessons	4:00-5:00pm CLOSED: Swim Lessons			
				5:00-6:00pm Teen & Adult Lap			
		5:30-5:45pm Teen & Adult Lap	5:30-5:45pm Teen & Adult Lap				
		6:00-6:45pm Floating HITT	5:45-6:30pm Water Fitness	6:00-7:00pm CLOSED: Swim Lessons	5:45-6:30pm Water Fitness	6:00-8:00pm Open Swim	
		7:00-8:45pm Adult Lap	6:30-7:30pm Open Swim	7:00-8:45pm Adult Lap	6:30-7:30pm Open Swim		
			7:30-8:45pm Adult Lap		7:30-8:45pm Adult Lap		
						8-8:45pm Adult Lap	

ALL POOLS CLOSED: ANNUAL SYNCHONIZED SWIM SHOW MARCH 6-8th check for pool closures

- March 16-20- SDO half of pool from 2:30-3:30pm**
- March 16-20 Lifeguard Class half pool from 5-8:30pm**
- March 23-27 SDO half of pool from 2:30-3:30pm**
- March 23-27 Lifeguard class half of pool from 5-8:30pm**

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.

Open Swim: The pool will be divided shallow to deep. Parents must remain with their children.

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: 2/17/26