

# MAIN (Lap) POOL SCHEDULE

October 1-31st

| 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                     | 6:15-8:15am<br>Teen & Adult Lap                                               |
| 10:15-3:45pm<br>Teen & Adult                                           | 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                           | 8:15-9:00am<br>Water Fitness                                                  |
| Lap Swim                                                               | 9:15-10:00am<br>Water Fitness                      | 9:15-10:00am<br>Water Fitness            | 9:15-10:00am<br>Water Fitness                      | 9:15-11:00am<br>Adult Lap/Adult<br>Open shared | 9:15-10:00am<br>Water Fitness                               | 9:00-9:45am<br>Aqua Zumba                                                     |
| 12:00-1:00pm<br><b>CLOSED for Rentals</b><br><b>Please call before</b> | 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>Arthritis Exercise                         | 9:30-11:30am<br>Closed: swim Lessons                                          |
|                                                                        | 10:45-11:30am<br>Water Fitness                     | 10:45-1:30pm<br>Adult Lap                | 10:45-11:30am<br>Water Fitness                     | 11:00-12:00pm<br>Adult Lap                     | 10:45-11:30am<br>Water Fitness                              |                                                                               |
|                                                                        | 11:30-1:30pm<br>Adult Lap                          |                                          | 11:30-1:30pm<br>Adult Lap                          | <b>12:00-1:00pm</b><br><b>CLOSED: rental</b>   | 11:30-6:00pm<br>Teen & Adult Lap                            | 11:30-5:45pm<br>Teen & Adult Lap                                              |
|                                                                        | 1:30-2:15pm<br>SilverSneakers<br>Splash            | 1:30-2:15pm<br>Silver Sneakers<br>Splash | 1:30-2:15pm<br>SilverSneakers<br>Splash            | 1:00-5:45pm<br>Adult Lap                       | <b>SDO: Half Pool</b><br><b>2:30-3:30pm</b><br><b>9-Oct</b> | <b>12:00-1:00pm</b><br><b>CLOSED for Rentals</b><br><b>Please call before</b> |
|                                                                        | 2:15-4:00pm<br>Older Adult Lap                     | 2:15-4:00pm<br>Older Adult Lap           | 2:15-4:00pm<br>Older Adult Lap                     |                                                |                                                             |                                                                               |
|                                                                        | 4:00-5:30pm<br>Closed: Swim<br>Lessons             | 4:00-5:00pm<br>Closed: Swim<br>Lessons   | 4:00-5:00pm<br>Closed: Swim<br>Lessons             |                                                |                                                             |                                                                               |
|                                                                        | 4:00-5:45pm<br>Adult Lap<br>shared pool 3<br>lanes | 5:00-5:45pm<br>Adult Lap                 | 4:00-6:00pm<br>Adult Lap<br>shared pool 3<br>lanes |                                                |                                                             |                                                                               |
|                                                                        |                                                    | 5:45-6:30pm<br>Water Fitness             |                                                    | 5:45-6:30pm<br>Water Fitness                   |                                                             |                                                                               |
|                                                                        | 6:00-6:45pm<br>Floating HITT                       | 6:30-8:45pm<br>Closed: Synchro           | 6:00-7:00pm<br>Closed: Swim<br>Lessons             | 6:30-8:45pm<br>Closed: Synchro                 | 6:00-8:00pm<br>Open Swim                                    |                                                                               |
|                                                                        | 7:00-8:45pm<br>Adult Lap                           |                                          | 7:00-8:45pm<br>Adult Lap                           |                                                | 8:00-8:45pm<br>Adult Lap                                    |                                                                               |

**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/centralymainpoolschedule>

Updated: 9/29/26