

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-8:15AM Lap Swim						
8:30-10:00AM 1/2 Lap & 1/2 Open	7:00AM-3:45PM 1/2 Lap & 1/2 Open	9:00AM-3:45PM 1/2 Lap & 1/2 Open				
10:00AM-10:50AM Deep Water w/ Marcia	10:00AM-10:50AM Aqua HIIT w Maggie	10:00AM-10:50AM Aqua Zumba w Kristal	10:00AM-10:50AM Aqua HIIT w Maggie	10:00AM-10:50AM Deep Water w/ Marcia		
11:00AM-1:00PM Lap Swim						
1:00PM-2:00PM Closed for Maintenance						
2:00PM-6:15PM Open Swim w 1 lap lane	2:00PM-5:00PM Open Swim w 1 lap lane	2:00PM-6:00PM Open Swim	2:00PM-5:00PM Open Swim w 1 lap lane	2:00PM-5:30PM Open Swim w 1 lap lane	Children Under age 12 must be supervised.	Children in bubbles must be accompanied by a parent IN the pool
6:30PM-7:30PM Aqua HIIT w Kirk	5:00PM-7:00PM Family Swim Lessons	6:00PM-8:45PM Lap Swim	5:00PM-7:00PM Family Swim Lessons	5:30PM-6:45PM Lap Swim	This schedule is subject to change without notice Call to confirm availability 315-789-1616 Updated 3/11/2026	
7:30PM-8:45PM Lap Swim	7:00PM-7:45PM Open Swin		7:00PM-7:45PM Open Swin			
	7:45PM-8:45PM Lap Swim		7:45PM-8:45PM Lap Swim			