

## POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-9:45AM 1/2 Lap & 1/2 Open	5:45AM-8:15AM Lap Swim	5:45AM-8:15AM Lap Swim	5:45AM-8:15AM Lap Swim	5:45AM-8:15AM Lap Swim		
	8:30AM-9:45AM 1/2 Lap & 1/2 Open	8:30AM-9:45AM 1/2 Lap & 1/2 Open	8:30AM-9:45AM 1/2 Lap & 1/2 Open	8:30AM-9:45AM 1/2 Lap & 1/2 Open	7:00AM-1:45PM 1/2 Lap & 1/2 Open	9:00AM-11:45AM 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	11:00AM-1:00PM Lap Swim	11:00AM-1:00PM Lap Swim	11:00AM-1:00PM Lap Swim	11:00AM-1:00PM Lap Swim		
1:00PM-2:00PM Closed for Maintenance	1:00PM-2:00PM Closed for Maintenance	1:00PM-2:00PM Closed for Maintenance	1:00PM-2:00PM Closed for Maintenance	1:00PM-2:00PM Closed for Maintenance		
2:00PM-5:30PM 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
5:30PM-6:30PM Aqua HIIT w Kirk	5:00pm-7:00pm Open Swim w 1 lap lane	6:00PM-7:45PM Lap Swim	5:00PM-7:00PM Open Swim w 1 lap lane	5:30PM-6:30PM Aqua HIIT w Kirk	This schedule is subject to change without notice Call to confirm availability 315-789-1616 Updated 6/30/2025	
6:30PM-7:45PM Open Swim	7:00PM-7:45PM Lap Swim		7:00PM-7:45PM Lap Swim			