POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-8:30AM Lap Swim	5:45AM-8:30AM Lap Swim	5:45AM-8:30AM Lap Swim	5:45AM-8:30AM Lap Swim	5:45AM-8:30AM Lap Swim		
8:30-10:00AM 1/2 Lap & 1/2 Open	8:30-10:00AM 1/2 Lap & 1/2 Open	8:30-10:00AM 1/2 Lap & 1/2 Open	8:30-10:00AM 1/2 Lap & 1/2 Open	8:30-10:00AM 1/2 Lap & 1/2 Open	7:00AM-3:45PM 1/2 Lap & 1/2 Open	9:00AM-3:45AM 1/2 Lap & 1/2 Open
10:00AM-10:50AM Deep Water w/ Maggie	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/ Maggie		
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-5:15PM Open Swim w 1 lap lane	2:00PM-5:00PM Open Swim w 1 lap lane	2:00PM-4:00PM Open Swim 4:00PM-5:30PM Child Care	2:00PM-5:00PM Open Swim w 1 lap lane	2:00PM-4:00PM Open Swim w 1 lap lane 4:00PM-5:00PM Child Care	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 Family Swim Lessons	5:30PM-8:45PM Lap Swim	5:00PM-7:00PM Family Swim Lessons	5:00PM-6:45PM 1/2 Lap & 1/2 Open	This schedule is subject to change without notice Call to confirm availability 315-789-1616 Updated 10/1/2026 Reminder: in the event of local thunderstorms, you will be asked to leave the pool and hot tub.	
6:30PM-8:45PM Lap Swim	7:00PM-8:45PM Lap Swim		7:00PM-8:45PM Lap Swim			