

Aqua Track

Monday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:30 - 9:30 pm

Physical therapy sessions and group fitness classes have priority of use in the Aqua Track.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

Evaluations for cleanliness and water balance are done every 4 hours on all pools and whirlpools.

Club noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Staff may prohibit any behavior deemed unsafe. Outside food and drinks (other than bottled water) are not allowed in the pool area.

For thermo-regulation safety, children under 13 are not allowed in the whirlpools, aqua track, steam rooms or saunas.

Tuesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

Wednesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

Thursday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:30 - 9:30 pm

Friday

5:00 am - 7:30 pm

Saturday

7:00 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

Lap Pool - West Side

Monday

5:00 - 7:00 am

10:30 - 11:30 am

12:15 - 9:30 pm

The two lanes on the east side of the indoor pool are always available for lap swimming. Users must sign in at the table. Limit lane usage to 30 minutes when others are waiting.

Group fitness classes may move into a lap lane if it is not in use. The instructor will move the class out of the lane when it is needed for lap usage.

Children 12 years and younger must be supervised by an adult 19 years or older. Infants are required to wear swim diapers.

US Coast Guard or Red Cross life jackets are recommended for swimming safety. Flotation devices that pop, including water rings and water wings, are not allowed.

Exiting the indoor pool area during lightning and thunderstorms is encouraged.

Open swim not available during classes and swim lessons.

Tuesday

5:00 - 8:00 am

10:45 am - 6:30 pm

7:15 - 9:30 pm

Wednesday

6:00 - 7:00 am

7:45 - 8:30 am

10:30 - 11:30 am

12:15 - 9:30 pm

Thursday

5:00 - 8:00 pm

10:45 am - 9:30 pm

Friday

5:00 - 7:00 am

7:45 - 9:30 am

10:15 am - 7:30 pm

Saturday

7:00 - 9:30 am

10:15 am - 6:30 pm

Sunday

7:00 am - 6:30 pm