



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Current Schedule

Effective February 9th- March 1st, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED		Lap Swim: Instructional Pool 6am-7:50am (6 Lanes)		Lap Swim: Instructional Pool 6am-7:50am (6 Lanes)		
	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Aqua Zumba Class: 8am-8:55am (Instructional Pool)
	Lap Swim: Instructional Pool 9am-11:50am(6 Lanes)		Lap Swim: Instructional Pool 9am-11:50am(6 Lanes)		Lap Swim: Instructional Pool 9am-11:50am(6 Lanes)	Lap Swim: Instructional Pool 9:05am-1pm (6 Lanes)
	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	
	Shallow Tone: 6:45pm-7:40pm (Instructional Pool)		Shallow Tone: 6:45pm-7:40pm (Instructional Pool)			

Aqua Fit Descriptions: [Course descriptions.](#)

Lap Swimming: [Lap Swimming webpage](#) with information about lane schedules, possible closures, parking, fees.

AC Pool Rules: [Here!](#)

Schedule Modifications:

- Saturday, February 14th No Aqua Fitness. Lap Swim Available from 5-6:30am only.
- Monday, February 16th No Aqua Fitness. Lap Swim Available from 5-6:30am only.



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Current Schedule

Effective February 9th- March 1st, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	Lap Swim: Competition Pool 5am-1:30pm (9-17 lanes) 4:00pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (9-17 lanes) 4:00pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (9-17 lanes) 4:00pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (9-17 lanes) 4:00pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (9-17 lanes) 4:00pm-7:30pm (11 lanes)	Lap Swim: Competition Pool 7am-1pm (10-17 lanes)
	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11:00am-11:55am (Competition Pool)	

Aqua Fit Descriptions: [Course descriptions](#).

Lap Swimming: [Lap Swimming webpage](#) with information about lane schedules, possible closures, parking, and fees.

Swim Lessons: [Swim lessons](#) information covering fees and registration.

AC Pool Rules: [Here!](#)

Schedule Modifications:

- Saturday, February 14th Lap Swim Available from 5-6:30am only. No Aqua Fitness.
- Monday, February 16th Lap Swim Available from 5-6:30am only. No Aqua Fitness.