



# Lap Swim & Aqua Fit Aquatics Center Schedule

## Shallow Pool (Instructional Pool)

### Current Schedule

Effective February 9<sup>th</sup>- March 1<sup>st</sup>, 2026

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

**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 14<sup>th</sup> No Aqua Fitness. Lap Swim Available from 5-6:30am only.
- Monday, February 16<sup>th</sup> 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 9<sup>th</sup>- March 1<sup>st</sup>, 2026

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

**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 14<sup>th</sup> Lap Swim Available from 5-6:30am only. No Aqua Fitness.
- Monday, February 16<sup>th</sup> Lap Swim Available from 5-6:30am only. No Aqua Fitness.