



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Water (Competition Pool)

Current Schedule

Effective December 19th 2025

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-7:30pm (11 lanes)	Lap Swim: Competition Pool 7am-1pm (10-17 lanes)			
	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 only from 5-6:30am only. No Aqua Fitness.

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



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Tone (Instructional Pool)

Current Schedule

Effective December 19th 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	C	L	O	S	E	D

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 Lap swim only from 5-6:30am only. No Aqua Fitness.

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

Beginning December 19, the Instructional Pool will be closed while we complete heater maintenance.

Some Aqua Fitness classes will be moved to the Centennial Recreation Center (CRC) Pool and additional Lap Swim Time will be available effective Friday, December 19.

[CRC Pool Schedule](#)