



SUMMER POOL SCHEDULE

JUNE 26 to AUGUST 14, 2025



MONDAYS & WEDNESDAYS

6:30 AM – 8:20 AM | Men's Adult Swim, ages 16+

8:30 AM – 9:45 AM | Women's Adult Swim, ages 16+

10 AM – 4 PM | Pool and Locker Rooms Reserved for Day Camp

4 PM – 6 PM | Pool Reserved for Private Swimming Lessons

6 PM – 10 PM | Men's Swim

6 PM – 7 PM | Men's Adult Swim, ages 16+

7 PM - 9 PM | Father/Child and Co-ed Swim (girls must be 6 and under)

9 PM - 10 PM | Men's Adult Swim, ages 16+

TUESDAYS & THURSDAYS

6:30 AM – 8:20 AM | Men's Adult Swim, ages 16+

8:30 AM – 9:45 AM | Women's Adult Swim, ages 16+

10 AM – 4 PM | Pool and Locker Rooms Reserved for Day Camp

4 PM – 6 PM | Pool Reserved for Private Swimming Lessons

6 PM – 9:45 PM | Women's Swim

6 PM – 7 PM | Women's Adult Swim, ages 16+

7 PM - 9 PM | Mother/Child and Co-ed Swim (boys must be 6 and under)

9 PM - 9:45 PM | Women's Adult Swim, ages 16+

FRIDAYS

6:30 AM – 8:20 AM | Men's Adult Swim, ages 16+

8:30 AM – 9:45 AM | Women's Adult Swim, ages 16+

10 AM – 2 PM | Pool and Locker Rooms Reserved for Day Camp

2 PM – 3 PM | Pool Reserved for Private Swimming Lessons

SAT & SUN

Saturday nights

Sundays

Closed seasonally | Reopens on Saturday nights early fall 2025

Closed seasonally | Reopens on Sundays on September 7, 2025

WOMEN'S AQUA-ROBICS

A free membership perk

WEDNESDAYS,
9 AM to 9:45 AM



August 15 – September 1 | Pool closed for repair and refurbishment

Tuesday, September 2 | Pool reopens; follows fall schedule



MORE INFO

- **ADULT SWIM** is reserved for ages 16+. Lap swim takes precedent over other forms of exercise.
- **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.
- **CHILDREN AGES 9 & YOUNGER** must swim with an adult at all times. See schedule for times.
Parent/Child Co-ed Swim
 - + Children must be 6 years old and under to qualify for co-ed swim.
 - + Children ages 3 and older of the opposite sex can change in the Family Changing Room, only.
 - + Heads up: There is no changing in the sauna or on the pool deck.

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No food or drinks on pool deck.
Street shoes of any kind are
forbidden in the pool area.



The Center reserves the right
to one lane, at any time,
for private swim instruction.

