LAP POOL SCHEDULE

October 27th through December 21st

Lane	SUNDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	CLOSED							
6:30-7am								
7-7:30am								
7:30-8am								
8-8:30am	Diving Board Open			Lap Swim				
8:30-9am								
9-9:30am								
9:30-10am								
10-10:30am								
10:30-11am								
11-11:30am								
11:30-12pm								
12-12:30pm								
12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm								
4-4:30pm								
4:30-5pm								
5-5:30pm								
5:30-6pm	CLOSED							
6-6:30pm								
6:30-7pm								
7-7:30pm								
7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	MONDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	Lap Swim							
6:30-7am								
7-7:30am					7:00-8:00 am Aqua Combat			
7:30-8am								
8-8:30am								
8:30-9am								
9-9:30am					9-10am & 10:15-11:15 Silver Sneaker Splash			
9:30-10am								
10-10:30am								
10:30-11am								
11-11:30am								
11:30-12pm								
12-12:30pm	Water in Motion							
12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm			Indian Trail Swim Team 3:30-6:00					
4-4:30pm	LESSONS							
4:30-5pm								
5-5:30pm								
5:30-6pm								
6-6:30pm					Jaguar swim team			
6:30-7pm								
7-7:30pm								
7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	TUESDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	Lap Swim							
6:30-7am								
7-7:30am					7:00-8:00 am Water in Motion			
7:30-8am								
8-8:30am					8:00-9:00 am Fluid Strength			
8:30-9am								
9-9:30am								
9:30-10am								
10-10:30am	10-12 NAVY							
10:30-11am								
11-11:30am								
11:30-12pm								
12-12:30pm								
12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm			Indian Trail Swim Team 3:30-6:00					
4-4:30pm								
4:30-5pm								
5-5:30pm								
5:30-6pm								
6-6:30pm								
6:30-7pm						Deep Water Aerobics		
7-7:30pm								
7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	WEDNESDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	Lap Swim							
6:30-7am								
7-7:30am					7:00-8:00 am Aqua Combat			
7:30-8am								
8-8:30am					8:00-9:00 am Water in Motion			
8:30-9am								
9-9:30am					9-10am & 10:15-11:15 Silver Sneaker Splash			
9:30-10am								
10-10:30am								
10:30-11am								
11-11:30am								
11:30-12pm								
12-12:30pm								
12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm			Indian Trail Swim Team 3:30-6:00					
4-4:30pm								
4:30-5pm								
5-5:30pm								
5:30-6pm								
6-6:30pm					Jaguar swim team			
6:30-7pm								
7-7:30pm								
7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	THURSDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	Lap Swim							
6:30-7am								
7-7:30am					7:00-8:00 am Water in Motion			
7:30-8am								
8-8:30am						8:15 -9:15 Deep Water Aerobics		
8:30-9am								
9-9:30am								
9:30-10am								
10-10:30am								
10:30-11am								
11-11:30am								
11:30-12pm								
12-12:30pm								
12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm			Indian Trail Swim Team 3:30-6:00					
4-4:30pm								
4:30-5pm								
5-5:30pm	LESSONS							
5:30-6pm								
6-6:30pm								
6:30-7pm								
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7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	FRIDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am	Lap Swim							
6:30-7am								
7-7:30am					7:00-8:00 am Aqua Combat			
7:30-8am								
8-8:30am					8:00-9:00 am Aqua Flow			
8:30-9am								
9-9:30am					9-10am & 10:15-11:15 Silver Sneaker Splash			
9:30-10am								
10-10:30am								
10:30-11am								
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11:30-12pm								
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12:30-1pm								
1-1:30pm								
1:30-2pm								
2-2:30pm								
2:30-3pm								
3-3:30pm								
3:30-4pm			Indian Trail Swim Team 2:30-5:00					
4-4:30pm								
4:30-5pm								
5-5:30pm								
5:30-6pm								
6-6:30pm					Jaguar swim team			
6:30-7pm								
7-7:30pm								
7:30-8pm								
8-8:30pm								
8:30-9pm								

Lane	SATURDAY 1	2	3	4	5	6	7	8
5-5:30am								
5:30-6am								
6-6:30am								
6:30-7am								
7-7:30am								
7:30-8am								
8-8:30am	LESSONS							
8:30-9am								
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7:30-8pm								
8-8:30pm								
8:30-9pm								

CLOSED

Lap Swim

12:30 pm - 4:30 Diving Board Open

CLOSED

Lane usage and hours subject to change due to swim lessons, rentals, swim meets or unforseen events.

Reflects Fall 2, 2025

The Lap Pool will close at 3:00 pm on December 16 for Indian Trail's Swim Meet.

Updated on 10/24/2025