LAP POOL SCHEDULE

August 31st through October 25th

Lane	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-5:30am		Lap Swim	Lap Swim	Lap Swim		Lap Swim	CLOSED
5:30-6am							
6-6:30am	CLOSED						
6:30-7am							
7-7:30am		Aqua Combat	Water in Motion	Aqua Combat	Aqua Zumba	Aqua Combat	
7:30-8am					8:15 -9:15 Deep Water Aerobics		
8-8:30am	Diving Board Open		Fluid Strength			Aqua Fow	Lap Swim
8:30-9am							
9-9:30am	Lap Swim	Foreverwell Splash		Foreverwell Splash		Foreverwell Splash	
9:30-10am							
10-10:30am			NAVY				
10:30-11am					L		
11-11:30am							
11:30-12pm							
12-12:30pm		Aqua Zumba					
12:30-1pm							12:30 pm - 4:30 Diving Board Open
1-1:30pm							
1:30-2pm							
2-2:30pm							
2:30-3pm						Indian Trail Swim Team 2:30 -4:30	
3-3:30pm							
3:30-4pm		Indian Trail Swim Team 3:30 -5:30	Indian Trail Swim Team 3:30 -5:30	Indian Trail Swim Team 3:30 -5:30	Indian Trail Swim Team 3:30 -5:30		
4-4:30pm							
4:30-5pm						LESSONS	
5-5:30pm			LESSONS				
5:30-6pm	CLOSED	LESSONS					
6-6:30pm		Jaguar swim team				Jaguar swim team	
6:30-7pm			Deep Water Aerobics	Jaguar swim team			CLOSED
7-7:30pm							
7:30-8pm							
8-8:30pm							
8:30-9pm							

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

Indian Trail Swim Meets will be September 15th and October 6th - Pool will close at 3 pm

Lap Pool Hours for Labor Day, Monday 9/7: 5am-12:30pm. No classes or lesson will be held.

ReflectsFall 1 2026 session

Updated on 8/24/2026