LAP POOL SCHEDULE

January 6th through March 2nd, 2025

Lane	SUNDAY 1	2	3	4	5	6	7	8	MONDAY 1	2	3	4	5	6	7	8	TUESDAY 1	2	3	4	5	6	7	8	WEDNESDAY 1	2	3	4	5	6	7	8	THURSDAY 1	2	3	4	5	6	7	8	FRIDAY 1	2	3	4	5	6	7	8	SATURDAY 1	2	3	4	5	6	7	8
5-5:30am																	L																																							
5:30-6am																																																								
6-6:30am			CLOSED																																																					
6:30-7am																																																								
7-7:30am													7:00-8:00 am Aqua Combat								7:00-8:00 am Aqua Flow starting 2/4				7:00-8:00 am Aqua Combat																7:00-8:00 am Aqua Combat															
7:30-8am																																																								
8-8:30am			Diving Board Open																																				8:15 -9:15 Deep Water Aerobics																			
8:30-9am																																																								
9-9:30am													9-10am & 10:15-11:15 Silver Sneaker Splash												9-10am & 10:15-11:15 Silver Sneaker Splash																9-10am & 10:15-11:15 Silver Sneaker Splash													
9:30-10am																																																								
10-10:30am																	10-12 NAVY																																							
10:30-11am																																	L																								
11-11:30am																																																								
11:30-12pm																																																								
12-12:30pm																																																								
12:30-1pm																																																						12:30 pm - 4:30 Diving Board Open			
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								Indian Trail Swim Team 3:30-6:00						Indian Trail Swim Team 3:30-6:00								Indian Trail Swim Team 3:30-6:00										Indian Trail Swim Team 2:30-5:00													
4-4:30pm									L																																															
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5-5:30pm																																																								
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8:30-9pm																																																								

CLOSED

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

Reflects Winter 2025

Pool will be closed at 3 pm on Tuesday January 7th due to an Indian Trail Swim Meet

Updated on 1/2/2025