



# March Break 2026 Drop-in Lap Pool Schedule March 16 to March 22

Activity	Times	Day of Week
Lane Swim (8)	7:30 to 8:30 a.m. 11:45 a.m. to 12:45 p.m. 12:00 to 1:00 p.m. 7:30 to 8:30 a.m.	Monday to Friday Monday to Friday Saturday, Sunday Sunday
Lane Swim (5)	3:00 to 4:00 p.m.	Monday, Wednesday, Friday
Lane Swim (4)	8:00 to 9:00 p.m. 10:45 to 11:45 a.m. 7:00 to 8:00 a.m.	Monday to Thursday Monday, Wednesday, Friday Saturday
Lane Swim (3)	6:00 to 7:30 a.m.	Monday to Friday
Aquafit	8:30 to 9:15 a.m. 11:00 to 11:45 a.m. 7:00 to 7:45 a.m.	Monday, Wednesday, Friday Tuesday, Thursday Saturday
Boot Camp	8:00 to 8:45 p.m.	Tuesday, Thursday
Noodle Fit	8:30 to 9:15 a.m. 8:00 to 8:45 p.m.	Tuesday Monday, Wednesday
Aqua Fitting	8:30 to 9:15 a.m.	Thursday
Fun Swim	1:00 to 2:00 p.m. 7:30 to 8:30 p.m.	Monday to Sunday Friday

**\*Schedule subject to change**

**Flip Over for Program Descriptions**



**Lane Swim:** All swimmers are welcome. Slow, medium, and fast lanes. Number of lanes available will be dependent on other programming in the pool.

**AquaFit:** AquaFit is an excellent cardio and muscle workout that is low impact and uses the water as resistance. Remember to go at your own pace, listen to your body and put in what you want out.

**Aqua Boot Camp:** This high intensity workout will put you through the paces with a fun and interactive water workout. The program allows you to set your own personal fitness goals while working to achieve your personal best.

**Aqua Finning:** Love swimming and want to try something a little different, check out this AquaFit class that incorporates fins. Participants will work in vertical, horizontal and seated positions to engage different muscle groups in the legs and core.

**Deep Water Noodle:** Deep Water Aqua Noodle is one of the best pool workouts you can get without swimming laps. The program will use resistance exercises with the support of a basic foam noodle.

**Fun Swim:** Shallow and Deep areas are available as well as fun pool activities. Pool admission policies apply. Please review before arrival.

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### **Pool Admission Policies:**

We encourage all our swimmers to swim with a buddy.

### **Admittance Requirements for Children:**

Children 6 years of age and younger: must be accompanied in the water by a parent, or guardian who is at least 16 years of age and is responsible for their direct supervision.

Children 7 to 9 years of age: must pass a facility swim test or be accompanied in the water by a parent or guardian who is at least 16 years of age and is responsible for their direct supervision.

**Direct Supervision:** Defined by being within arm's reach at all times. When directly supervising children there is a maximum of two children under the age of 9 years old per guardian.

**Swim Test:** The swim test includes swimming minimum 30m of a recognizable stroke. Swimmer must swim consistently without stopping, exhale underwater and demonstrate confidence when breathing.

