



Lap Pool Fall/ Winter 2025-2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am							
5:30am		WFFM 5:30am - 7:00am (3 Lanes)					
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am		Aqua Fitness 9am - 10am					WFFM 8:30am-11am (3 Lanes)
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm		WFFM 5:00pm - 8:00pm (4Lanes)	WFFM 5:00pm - 8:00pm (4Lanes)	WFFM 5:00pm - 7:30pm (4Lanes)	WFFM 5:00pm - 7:30pm (4Lanes)	WFFM 4:00pm - 7:30pm (4Lanes)	
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							

*A designated lane will be open for lap swimming at all times.

Pool Hours

Monday - Friday
Saturday
Sunday

5:00 am – 9:30 pm
6:00 am – 8:30 pm
8:00am – 4:30 pm

Pool Rules

Children 5 and under: a parent must be in the water and a lifejacket strongly recommended

Children 6-12: must be with an adult

Junior Members 13-15: may use the pool when a lifeguard is on duty or with a parent