

Activity Pool Schedule

Fall 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00am Aqua Class		6:00-7:00am Aqua Class			8:30-9:30am Elite Performance program
9:30-10:30am Aqua Class	9:30-10:30am Aqua Class	9:30-10:30am Aqua Class	9:30-10:30am Aqua Class	9:30-10:30am Aqua Class		9:30-10:30am Aqua Class
10:30-11:30am Aqua Class	10:30-11:30am Aqua Class	10:30-11:30am Aqua Class		10:30-11:30am Aqua Class	10:00-12:00pm Dolphin Swim School	10:45-12:00pm Dolphin Swim School
						10:30-11:30am Elite performance program
5:00-6:00pm Aqua Class	4:30-7:00pm Swim Team	4:30-7:00pm Swim Team	5:00-6:30pm Dolphin Swim School	5:00-6:30pm Dolphin Swim School		
6:00-6:30pm Dolphin Swim School	5:00-6:30pm Dolphin Swim School	4:30-6:30pm Dolphin Swim School				

- Water Exercise
see acac.com or the app for class descriptions
- Swim Lessons
- Family Time
- Lap Swim Availability

*Lane split may vary. Visit the member portal or app for most up to date lane availability prior to making a reservation.

*Visit **acac.com** or the **acac** app for a list of aqua classes and descriptions.

Please Note: Private swim lessons and private group swim lessons are offered during operational hours in all pools. Schedule and hours are subject to change. Weekend lanes may be affected by aquatics programming.

Updated on 8/26/25. Subject to change.

Warm Water Pool Schedule						Fall 2025
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Family Time	9:15-10:30am Preschool Lessons	9:30-10:30am Family Time	9:30-10:45am Dolphin Swim School	9:30-10:30am Family Time	9:30-12:00pm Dolphin Swim School	10:30-12:30pm Family Time
	12:00pm-12:45pm Aqua Class	12:00pm-12:45pm Aqua Class	12:00pm-12:45pm Aqua Class	12:00pm-12:45pm Aqua Class		
					1:00 - 5:00pm Family Time	2:30-4:30pm Family Time
		4:30-5:45pm Dolphin Swim School				
4:00-6:00pm Family Time	4:00-5:30pm Family Time	4:00-6:00pm Family Time	4:00-5:30pm Family Time	4:30-7:00pm Family Time		
5:15-6:30pm Dolphin Swim School	5:15-6:30pm Dolphin Swim School	6:00-7:00pm Warm Water Exercise for Pain Relief	5:15-6:30pm Dolphin Swim School		Pools close at 6:45pm	Pools close at 6:45pm
					<div> <div>Masters/SGT</div> <div>Water Exercise <small>see acac.com or the app for class descriptions</small></div> <div>Swim Lessons</div> <div>Family Time</div> <div>Lap Swim Availability</div> </div>	
Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 8:45pm		

*Visit **acac.com** or the **acac** app for a list of aqua classes and descriptions.

Lap Pool Schedule						Fall 2025
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00am Master's Swim					
4:30-7:00pm Swim Team	4:30-7:00pm Swim Team	4:30-7:00pm Swim Team	4:30-7:00pm Swim Team	4:30-7:00pm Swim Team		
					Pools close at 6:45pm	Pools close at 6:45pm
Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 8:45pm		

Please Note: Private swim lessons and private group swim lessons are offered during operational hours in all pools. Schedule and hours are subject to change.

Family Swim Reminder: families (with children under 13) are allowed to use the warm water pool, for recreational swimming, only during designated Family Times. Children under the age of 14 need to be supervised by their parents when in the Aquatics Center when there is not a guard on duty. Additionally, we do not cancel family time if there is not a guard available. During these times parents **MUST** closely monitor their children. Children using flotation devices must be within arm's reach of a caregiver at all times.