

Pool Use Schedule March 2025

Updated 02/27/2025

Monday

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Competition Pool	6 Lanes				3 Lanes		2 Lanes		6 Lanes		Open Swim - 6 Lanes						6 Lanes				0 Lanes							
Aqua Aerobics					Dig DEEP 3 Lanes		Aqua Blast 4 Lanes																		Swim Lessons 2 Lanes			
Therapy Pool									Flex & Stretch		Aqua Arthritis								Swim Lessons									
Swim Teams																									Rockfish Swimteam 4 Lanes			

Tuesday

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Lap Swim	6 Lanes				2 Lane		6 Lanes		Open Swim - 6 Lanes						6 Lanes				1 Lane									
Aqua Aerobics							Aqua Rock 4 Lanes																		Swim Lessons 1 Lane			
Therapy Pool					Swim Lessons				Flex & Stretch		Aqua Arthritis		Aqua Express		Aqua Arthritis				Swim Lessons									
Swim Teams																									Rockfish Swimteam 4 Lanes			

Wednesday

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Lap Swim	6 Lanes				3 Lanes		2 Lanes		6 Lanes		OpenSwim - 6 Lanes						6 Lanes				0 Lanes							
Aqua Aerobics					Dig DEEP 3 Lanes		Aqua Blast 4 Lanes																		Swim Lessons 2 Lanes			
Therapy Pool							SL		Anything Goes										Swim Lessons									
Swim Teams																									Rockfish Swimteam 4 Lanes			

Thursday

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Lap Swim	6 Lanes				2 Lane		6 Lanes		Open Swim - 6 Lanes						6 Lanes				1 Lane									
Aqua Aerobics							Aqua Rock 4 Lanes																		Swim Lessons 1 Lane			
Therapy Pool							Flex & Stretch		Aqua Arthritis		Aqua Express		Aqua Arthritis				Swim Lessons											
Swim Teams																									Rockfish Swimteam 4 Lanes			

Friday

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Lap Swim	6 Lanes				3 Lanes		2 Lane		6 Lanes		Open Swim - 6 Lanes						6 Lanes		5 Lanes		1 Lane							
Aqua Aerobics					Dig DEEP 3 Lanes		Aqua Blast 4 Lanes												Swim Lessons 1 Lane									
Therapy Pool							Flex & Stretch		Aqua Arthritis										Swim Lessons									
Swim Teams																									Rockfish Swimteam 4 Lanes			

Saturday																														
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30		
Lap Swim	6 Lanes		4 Lanes				1 Lane		Open Swim 6 Lanes						4 Lanes				Open Swim 3-6 Lanes											
Aqua Aerobics							Aqua Blast 3 Lanes	Aqua Zumba 3 Lanes								Swim Lessons 2 Lanes														
Therapy Pool							Swim Lessons - 9:00am - 1:30																							
Swim Teams			Rockfish Swimteam Lanes		2	Rockfish Swimteam Lanes		2													Birthday Party Rentals - 3:00p-7:30p									

Sunday															
Lap Swim															
Aqua Aerobics															
Therapy Pool															
Swim Teams															

Events and Classes (May affect lane availability)
PADI Open Water Diver Cert: 3/22 8am-12pm, 3/23 12pm-4pm
PADI Discover Scuba Course: 3/22 8am-10am
PADI Reactivate Refresher Course: 3/23 12pm-2pm
Seahawks Swim Team: 3/6 4pm-6pm 4 Lanes
Seahawks Swim Team: 3/7 4pm-6pm 4 Lanes