

FALL POOL SCHEDULE



September 5 – December 31, 2023 • Schedule subject to change • For the most up to date schedule please visit our website
 Modified schedule from 9:00am-5:00pm on Sep 30, Oct 9, Nov 11 • Modified schedule Dec 24 7:00am-2:30pm, Dec 31 7:00am-5:30pm
 Facility Closed on Sep 4, Dec 25, Dec 26

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|--|--|--|--|--|---|--|--|--|--|--|---|--|
| Length & Leisure Pool Swim 7:00-9:00am | | Length Swim 6:00-8:50am | | Length Swim 6:00-8:50am | | Length Swim 6:00-8:50am | | Length Swim 6:00-8:50am | | Length Swim 6:00-8:50am | | Length & Leisure Pool Swim 7:00-8:00am | |
| | | Aqua Fit 9:00-9:55am | | Leisure Pool Swim 6:00-1:00pm | | Aqua Fit 9:00-9:55am | | Aqua Fit 9:00-9:55am | | Aqua Fit 9:00-9:55am | | Aqua Fit 9:00-9:55am | |
| Swim Club 2 lanes 9:00-11:00am | | Aqua Fit 10:05-11:00am | | | | Aqua Fit: Water Walking 10:05-11:00am | | Aqua Fit 10:05-11:00am | | Aqua Fit: Water Walking 10:05-11:00am | | Aqua Fit 10:05-11:00am | |
| | | Length Swim 11:00-1:00pm | | Swim Fit 11:05-12:05pm | | Length Swim 11:00-1:00pm | | Swim Fit 11:05-12:05pm | | Length Swim 11:00-1:00pm Shared space | | Leisure Pool Swim 6:00-1:00pm Shared Space 10:15-11:15am | |
| Everyone Welcome Swim 9:00am-1:00pm Shared space | | Length Swim 11:00-1:00pm | | Length Swim 12:05-12:45pm | | Length Swim 12:05-1:00pm | | Length Swim 12:05-1:00pm | | Length Swim 11:00-1:00pm Shared space | | Length & Leisure Swim 12:00 -1:00pm | |
| Fun Swim 1:00 -3:00pm | | Everyone Welcome Swim 1:00-3:45pm Shared Space | | School Swim Lessons 16+ Hot tub & Sauna Access 12:45-2:00pm | | Everyone Welcome Swim 1:00-3:45pm Shared Space | | Everyone Welcome Swim 1:00-3:45pm Shared Space | | Everyone Welcome Swim 1:00-7:00pm Shared Space | | Fun Swim 1:00-3:00pm | |
| Everyone Welcome Swim 3:00-9:00pm | | Swim Lessons 3:45-7:00pm Leisure Pool, Hot Tub & Sauna available 2 Swim Lanes available | | Programs & Swim Club 2:00-7:00pm Leisure Pool, Hot Tub & Sauna available Swim Lane available from 2:00-7:00pm | | Swim Lessons & Swim Club 3:45-7:00pm Leisure Pool, Hot Tub & Sauna available No Swim Lanes available | | Programs & Swim Club 3:45-7:00pm Leisure Pool, Hot Tub & Sauna available Swim Lane available from 2:00-7:00pm | | \$2 youth rate from 2:00-5:00pm | | Everyone Welcome Swim 3:00-9:00pm | |
| | | Aqua Fit 7:05-8:00pm | | Everyone Welcome Swim 7:00-9:00pm Shared space | | Everyone Welcome Swim 7:00-9:00pm | | Aqua Fit 7:05-8:00pm | | Everyone Welcome Swim 7:00-9:00pm | | | |

SEAPARC Pool Schedule Swim Descriptions



The descriptions indicate the primary use of the pool, programs and groups may share the space at any time.

Everyone Welcome Swim

Join us for a swim. Both the Leisure Pool and Main/Lap Pool are open for swimming activities. Diving board and rope swing can be open during this swim. A minimum of one swim lane available. Hot Tub and Sauna are available.

*During the afternoon swims in the week, this is shared space with schools and user groups.

Fun Swim

Join us for a fun filled swim. Water features will come on, the music will be pumping, and the diving board and rope swing will be available. Fun for all ages!

Minimum of one swim lane available unless the Bog Slide is out.

Leisure Pool Swim

Access will be limited to the Leisure Pool, Hot Tub and Sauna. No Main/Lap pool access.

Length Swim

The Main/Lap Pool is set up for Lengths. The Leisure Pool, Hot Tub and Sauna are available. No Diving Board. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability.

Aqua Fit

This combined Aqua Fit class is designed for both shallow and deep water aqua fit participants and will provide you with a fun and challenging workout with little to no impact on your joints!

Aqua Fit – Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

Swim Fit

Join this one hour swim workout. These sessions are coached by Neil Harvey and Tara Neifer and they focus on stroke correction, endurance building and skill development.

- Children under the age of 7 must be directly supervised, within arms reach, by an adult 16+ at all times. Maximum three children under 7 to one adult.
- Lockers are available and require a quarter.
- Shared Space: the pool may be in use with schools, registered programs/lessons, or other rental groups.