

Aquatics Schedule – Updated January 1, 2026

Guide: (R) Registration Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Full Lane (4 Lanes) 6-9:30am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-10:15am	Full Lane (4 Lanes) 6-12pm	Full Lane (4 Lanes) 7-9am	Full Lane (4 Lanes) 7-9am
Partial Lane (2 Lanes) Aquafit (R) 9:30-10:15am	Partial Lane (2 Lanes) Aquafit (R) 10:15-11:15am	Partial Lane (2 Lanes) Aquafit (R) 10:15-11:15am	Partial Lane (2 Lanes) Aquafit (R) 10:15-11:15am	Partial Lane (2 Lanes) Aquafit (R) 12-12:45pm	Swim Lessons (Pool Closed) 9-12:30pm	Swim Lessons (Pool Closed) 9-12:30pm
Partial Lane (3 Lanes) Swim Lessons 10:15-12:15pm	Full Lane (4 Lanes) 11:15-1pm	Partial Lane (3 Lanes) Swim Lessons 11:15-12:45pm	Full Lane (4 Lanes) 11:15-1pm	Full Lane (4 Lanes) 12:45-9pm	Full Lane (4 Lanes) 12:30-7pm	Full Lane (4 Lanes) 12:30-1:30pm
Full Lane (4 Lanes) 12:15-4pm	Partial Lane (3 Lanes) Swim Lessons 1-2pm	Full Lane (4 Lanes) 12:45-9pm	Partial Lane (3 Lanes) Swim Lessons 1-2pm			Partial Lane (2 Lanes) Aquafit (R) 1:30-2:15pm
Partial Lane (3 Lanes) Swim Lessons 4-7:30pm	Full Lane (4 Lanes) 2-4pm		Full Lane (4 Lanes) 2-4pm			Full Lane (4 Lanes) 2:15-7pm
Full Lane (4 Lanes) 7:30-9pm	Partial Lane (2 Lanes) Swim Lessons 4-7:30pm		Swim Lessons (Pool Closed) 4-7:30pm			
	Full Lane (4 Lanes) 7:30-9pm		Full Lane (4 Lanes) 7:30-9pm			

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Full Lane Swim	During these times, the pool is configured for lane swim only.				
Partial Lane Swim	During these times, the pool is configured to have one to three lanes for lane swim. Additional activities may occur in other areas of the pool.				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome. Registration on the MindBody app is required. Check the MindBody app for class schedule updates.				
Swim Lessons	Pool space dedicated to providing swim lessons and training for swim instructors. When the schedule says "(Pool Closed)" that means the lap pool is closed for that duration of time. The hot tub and steam room remain open during swim lesson times.				

LIT Aquatics Schedule – Updated January 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Jan 16th 4pm - 9pm	Jan 17th 8am - 5pm	Jan 18th 8am - 5pm
		Jan 21st 4pm - 9pm		Jan 23rd 4pm - 9pm	Jan 24th 8am - 5pm	Jan 25th 8am - 5pm
				Feb 13th 4pm - 9pm	Feb 14th 8am - 5pm	Feb 15th 8am - 5pm
		Feb 18th 4pm - 9pm		Feb 20th 4pm - 9pm	Feb 21st 8am - 5pm	Feb 22nd 8am - 5pm
		Mar 11th 4pm - 9pm		Mar 13th 4pm - 9pm	Mar 14th 8am - 5pm	Mar 15th 8am - 5pm
				Mar 20th 4pm - 9pm	Mar 21st 8am - 5pm	Mar 22nd 8am - 5pm

*** There are fewer open lanes during the above times.
Check with our aquatics staff to find out more details. ***