

# Lap Pool



# Spring 2026

## Pool Schedule

In Effect May 30 to July 5

### Mundy Park Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Public Swim*</b> 11 a.m. – 2 p.m. 3 Lanes</p>	<p><b>Lap Swim</b> 9 a.m. – 3 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 9 – 10 a.m. 4 Lanes</p>	<p><b>Lap Swim</b> 9 a.m. – 3 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 9 – 10 a.m. 4 Lanes</p>	<p><b>Lap Swim</b> 9 a.m. – 3 p.m. 2 Lanes</p>	<p><b>Public Swim*</b> 11 a.m. – 2 p.m. 3 Lanes</p>
<p><b>Public Swim*</b> 2:30 – 5:30 p.m. No Lanes</p>	<p><b>Lap &amp; Leisure</b> 3 – 4 p.m. 4 Lanes</p>	<p><b>Lap Swim</b> 10 – 11 a.m. 2 Lanes</p>	<p><b>Lap &amp; Leisure</b> 3 – 4 p.m. 4 Lanes</p>	<p><b>Lap Swim</b> 10 – 11 a.m. 2 Lanes</p>	<p><b>Lap &amp; Leisure</b> 3 – 4 p.m. 4 Lanes</p>	<p><b>Public Swim*</b> 2:30 – 5:30 p.m. No Lanes</p>
<p><b>Public Swim*</b> 6 – 8:30 p.m. 2 Lanes</p>		<p><b>Lap &amp; Leisure</b> 11 a.m. – 3 p.m. 4 Lanes</p>		<p><b>Lap &amp; Leisure</b> 11 a.m. – 3 p.m. 4 Lanes</p>		<p><b>Public Swim*</b> 6 – 8:30 p.m. 2 Lanes</p>
	<p><b>Lap Swim</b> 4 – 8:30 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 4 – 8:30 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 4 – 8:30 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 4 – 8:30 p.m. 2 Lanes</p>	<p><b>Lap Swim</b> 4 – 8:30 p.m. 2 Lanes</p>	
<p><b>WIBIT</b> 2:30 – 8 p.m.</p>	<p>Limited Space <b>School Groups</b> 11 a.m. – 3 p.m.</p>	<p>Limited Space <b>School Groups</b> 11 a.m. – 3 p.m.</p>	<p>Limited Space <b>School Groups</b> 11 a.m. – 3 p.m.</p>	<p>Limited Space <b>School Groups</b> 11 a.m. – 3 p.m.</p>	<p>Limited Space <b>School Groups</b> 11 a.m. – 3 p.m.</p>	<p><b>WIBIT</b> 2:30 – 8 p.m.</p>

Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.

## Special Information

<p><b>Lap Swim</b> Lanes are available for length swimming (8 yrs+)</p> <p><b>Leisure Swim</b> Space available for water walking and leisure swimming</p>	<p><b>Public Swim*</b> Pre-registration required; limited drop-in spots available</p>	<p><b>Facility Hours</b></p> <p>Mon-Fri 9 a.m. – 8:30 p.m.</p> <p>Sat - Sun 11 a.m. – 8:30 p.m.</p>	<p><b>Statutory Holidays</b> July 1</p> <p><b>Holiday Hours</b> 9 a.m. – 8:30 p.m.</p>	<p>Scan for the most up-to-date schedule</p>  <p>Updated 05/06/2026</p>
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# Pool Schedule

In Effect May 30 to July 5

## Mundy Park Pool


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public Swim*</b> 11 a.m. – 2 p.m.	<b>Leisure &amp; Lap</b> 9 – 10 a.m. 1 Lane	<b>Leisure Swim</b> 9 – 10 a.m.	<b>Leisure &amp; Lap</b> 9 – 10 a.m. 1 Lane	<b>Leisure Swim</b> 9 – 10 a.m.	<b>Leisure &amp; Lap</b> 9 – 10 a.m. 1 Lane	<b>Public Swim*</b> 11 a.m. – 2 p.m.
<b>Public Swim*</b> 2:30 – 5:30 p.m.	<b>Leisure Swim</b> 10 – 11 a.m.	<b>Leisure &amp; Lap</b> 10 – 3:30 p.m. 1 Lane	<b>Leisure Swim</b> 10 – 11 a.m.	<b>Leisure &amp; Lap</b> 10 – 3:30 p.m. 1 Lane	<b>Leisure Swim</b> 10 – 11 a.m.	<b>Public Swim*</b> 2:30 – 5:30 p.m.
<b>Public Swim*</b> 6 – 8:30 p.m.	<b>Leisure &amp; Lap</b> 11 – 8:30 p.m. 1 Lane	<b>Leisure Swim</b> 3:30 – 8:30 p.m.	<b>Leisure &amp; Lap</b> 11 – 8:30 p.m. 1 Lane	<b>Leisure Swim</b> 3:30 – 8:30 p.m.	<b>Leisure &amp; Lap</b> 11 – 8:30 p.m. 1 Lane	<b>Public Swim*</b> 6 – 8:30 p.m.
<i>Limited Space</i> 11 a.m. – 2 p.m.	<i>Limited Space</i> 3:30 – 8:30 p.m.	<i>Limited Space</i> 3:30 – 8:30 p.m.	<i>Limited Space</i> 3:30 – 8:30 p.m.	<i>Limited Space</i> 3:30 – 8:30 p.m.	<i>Limited Space</i> 3:30 – 8:30 p.m.	<i>Limited Space</i> 11 a.m. – 2 p.m.

## Aquafit Classes

	<b>Shallow Water Aquafit</b> 9 – 10 a.m. Lap Pool	<b>Low Impact Aquafit</b> 9 – 10 a.m. Leisure Pool	<b>Shallow &amp; Deep Water Aquafit</b> 9 – 10 a.m. Lap Pool	<b>Low Impact Aquafit</b> 9 – 10 a.m. Leisure Pool	<b>Shallow Water Aquafit</b> 9 – 10 a.m. Lap Pool	
	<b>Gentle Aquafit</b> 10 – 11 a.m. Leisure Pool	<b>Shallow Water Aquafit</b> 10 – 11 a.m. Lap Pool	<b>Gentle Aquafit</b> 10 – 11 a.m. Leisure Pool	<b>Shallow Water Aquafit</b> 10 – 11 a.m. Lap Pool	<b>Gentle Aquafit</b> 10 – 11 a.m. Leisure Pool	
		<b>Deep Water Aquafit</b> 7 – 8 p.m. Lap Pool		<b>Deep Water Aquafit</b> 7 – 8 p.m. Lap Pool		

Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.

## Special Information

<b>Public Swim*</b> Pre-registration required; limited drop-in spots available	<b>Before or After Swim Practice</b> Swim for half price 30 minutes before or after lessons to practice your skills.	<b>Aquafit Descriptions</b> <b>Shallow Water Aquafit</b> Moderate cardio to improve muscle tone and balance. <b>Deep Water Aquafit</b> High-intensity workout for limited mobility or injury recovery.	<b>Gentle Aquafit</b> Light movement for limited mobility or injury recovery.	<b>Scan for the most up-to-date schedule</b>  Updated 05/06/2026
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