

SPRINGFIELD BRANCH POOL SCHEDULE

Effective: September 2, 2025 – May 24, 2026



6 LANE LAP POOL: Lap Swim

MONDAY

5am – 6:30pm
6:30pm – 8:30pm (3 lanes)
8:30 – 9:30pm

TUESDAY

5am – 6:30pm
10am – 11am (5 lanes)
6:30pm – 8:30pm (3 lanes)
8:30 – 9:30pm

WEDNESDAY

5am – 6:30pm
6:30pm – 8:30pm (3 lanes)
8:30pm – 9:30pm

THURSDAY

5am – 6:30pm
10am – 11am (5 lanes)
6:30pm – 8:30pm (3 lanes)
8:30pm – 9:30pm

FRIDAY

5am – 8:30pm

SATURDAY

6am – 5:30pm

SUNDAY

7am – 4:30pm

Ridley Rays competitive swim team
will be swimming in 3 lanes
6:30 – 8:30 11/17 – 2/19/2026

ACTIVITY/THERAPY POOL: Open Swim

MONDAY

5am – 8am
12:30pm – 4:30pm
8pm – 9:30pm

TUESDAY

5am – 8am
10am – 11:45am
1pm – 6:45pm
8pm – 9:30pm

WEDNESDAY

5am – 8am
12pm – 4:30pm
7pm – 9:30pm

THURSDAY

5am–8am
10am – 11:45am
1pm – 6:00pm
8pm – 9:30pm

FRIDAY

5am – 7:30am
12pm – 5pm
6pm – 8:30pm

SATURDAY

6am – 9am
1:30pm – 5:30pm

SUNDAY

7am – 10am
12pm – 4:30pm



AQUA FITNESS :

All classes are 45 minutes unless noted

MONDAY

8am Aquatic Fit w/ Trina
9am Aqua Functional Fitness w/ Vicki (starting 9/8)
10:30am Aqua Zumba w/ Nikki
11:30am Aqua Easy w/ Tina
6:45pm Zumba w/ Michelle (Activity pool)

TUESDAY

8am Aqua Barre w/ Trina
9am Aqua Pump w/ Nikki
10am Aqua MS w/ Vicki (starting 9/8) (Lap Pool)
12pm Aqua Parkinson's w/Vicki (Activity pool)
7pm Aqua Interval w/ Alyce

WEDNESDAY

8am Aquatic Fit w/ Trina
10am Aqua Interval w/ Alyce
11am Aqua Total Body Fitness w/ Nikki

THURSDAY

8am Aqua Barre w/ Trina
9am Aqua Zumba w/ Nikki
10am Aqua MS w/ Vicki (starting 9/8) (Lap Pool)
12pm Aqua Parkinson's w/ Vicki (Activity pool)
6pm Aqua Push w/ Janice
7pm Total Body Aqua Fitness w/ Alyce

FRIDAY

8am Aqua Party w/ Trina
10:45am Aqua Easy w/ Tina

SATURDAY

12:15pm Aquatic Instructor's Choice

SUNDAY

10am Aqua Push+ w/ Karyn

Pool & Deck Close Promptly On: Weekdays (M-TH) @ 9:30 PM Friday @ 8:30 PM
Saturday @ 5:30 PM Sunday @ 4:30 PM