



***SUMMER* Indoor Pool Schedule**

May 27 - August 3, 2025



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	12:00 - 5:30 pm	12:00 - 8:30 pm	12:00 - 3:30 pm	12:00 - 8:30 pm	12:00 - 3:30 pm	12:00 - 8:30 pm	12:00 - 5:30 pm
Lap Swim	8:00 am - 5:30 pm	5:30 - 8:00 am 11:30 - 8:30 pm	5:30 - 8:00 am 10:30 - 3:30pm 7:45 - 8:30 pm	5:30 - 8:00 am 11:30 - 8:30 pm	5:30 - 8:00 am 10:30 - 3:30pm 7:45 - 8:30pm	5:30 - 8:00 am 11:30 - 8:30 pm	7:00 - 8:30 am 11:00 - 5:30 pm
Swim Lessons			4:30 - 6:45 pm		4:30 - 6:45 pm		8:30 - 11:00 am
Spa Maximum 10	8:00 am - 5:30 pm	5:30 - 8:00 am 8:20 - 8:30 pm	5:30 - 8:00 am 8:20 - 3:30 pm 6:45 - 8:30 pm	5:30 - 8:00 am 8:20 - 8:30 pm	5:30 - 8:00 am 8:20 - 3:30 pm 6:45 - 8:30 pm	5:30 - 8:00 am 8:20 - 8:30 pm	7:00 - 8:30 am 11:30 - 5:30 pm
Aqua Fitness (45 minute classes) Platinum members: Free Pointe Members: \$7 or use a 20 visit swipe card Maximum 28		Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fit 8:30 am	Aqua Fitness at North Pointe
		Aqua Fit 9:30 am <hr/> Aqua Flow 10:30 am	Aqua Strength 9:30 am <hr/> Aqua Fit 6:45 pm	Aqua Fit 9:30 am <hr/> Aqua Flow 10:30 am	Aqua Strength 9:30 am <hr/> Aqua Fit 6:45 pm	Aqua Fit 9:30 am <hr/> Aqua Flow 10:30 am	

Bather Load maximum 356 VIP \$7/Reg \$9

Aqua fitness participants may enter the pool deck ten minutes prior to the start of class.

[Maximum of 28 per class.](#)

[Aqua Fitness Classes \(ages 14+\)](#)

[Aqua Fit](#) is designed to improve cardiovascular endurance, muscle tone, range of motion and flexibility using a variety of class formats and equipment with low to moderate impact on the joints. Participants enjoy class formats including dance, combat, plyometrics, music themes and HIIT formats such as staggered intervals, Tabata, pyramids or EMOM. Intensity varies in the moderate to high range.

[Aqua Strength](#) is a low to moderate impact, moderate intensity full body workout specifically targeting improving muscle strength, range of motion and flexibility using a variety of class formats and equipment.

[Aqua Flow](#) is a low impact, low to moderate intensity workout focusing on improving and maintaining range of motion, flexibility and balance. Classes vary to break muscle memory, challenge coordination, improve mind body connection and build strength and endurance

- Lap Lane Usage – Maximum 4 swimmers/lane and maximum 60 minutes/swimmer. When using the lap lanes, priority will go to lap swimmers. Maximum 4 water walkers using the area immediately adjacent to the lap lanes. If no lap swimmers are present, patrons may use the lap lane for aqua walking/jogging or water exercise (2/lane). Circle swimming is necessary during peak usage and will be observed.

- Monday through Friday the Indoor Pool and Spa will be closed from 8:00-8:20 am.

- The spa will be open during any time a lifeguard is on stand excluding swim lessons time!

- Lightning/Thunder Policy: In the event of a thunderstorm, when lightning/thunder is witnessed the pool will be closed for 30 minutes from the time of the strike.