

# Oscar J. Tolmas Aquatics Complex

## Outdoor Pool May Schedule 5/1/2025-5/10/2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Lap Swim 5:30 AM - 10:30 AM	Lap Swim 5:30 AM - 10:30 AM	Lap Swim 5:30 AM - 10:30 AM	Lap Swim 5:30 AM - 10:30 AM	Lap Swim 5:30 AM - 10:30 PM	CLOSED
Open Swim 8:00 AM - 6:00 PM	Aqua Fit* 8:00 - 8:50 AM	Aqua Fit* 8:00 - 8:50 AM	Aqua HIIT* 8:00 - 8:50 AM	Aqua Fit* 8:00 - 8:50 AM	Aqua Fit* 8:00 - 8:50 AM	Aqua Fit 8:10 - 9:00 AM
	Aqua Fit* 9:00 - 9:50 AM		Aqua Fit* 9:00 - 9:50 AM			
				Water Walking* 10:00 - 10:50 AM		
Aqua Fit** 12:15 - 1:05 PM					Open Swim 10:30 AM - 3:00 PM	Open Swim 9:00 AM - 6:00 PM
	Open Swim 10:30 AM - 8:00 PM	Open Swim 10:30 AM - 8:00 PM	Open Swim 10:30 AM - 8:00 PM	Open Swim 10:30 AM - 8:00 PM	Maintenance	
					CLOSED	
CLOSED						CLOSED

Lap Swim
Open Swim = Lap + Rec Swim
Aqua Fit & Aqua HIIT
Maintenance
Pool Closed

**All lap swimming is by drop in. No reservation required**

**\*AquaFit and Aqua HIIT will use lanes 1, 2 and 3**

**\*\*Sunday AquaFit occurs only on the 2nd and 4th Sunday of the month, using lanes 3 & 4.**

Classes and lap times are subject to change. Visit [nojcc.org](http://nojcc.org) for updates.

