

# Oscar J. Tolmas Aquatics Complex

## Outdoor Lap Pool Schedule July 2026

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																							
Lanes			Lanes			Lanes			Lanes			Lanes			Lanes			Lanes																							
1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6	1 & 2	3 & 4	5 & 6																					
CLOSED			<b>Lap Swim</b> 5:30 AM - 9:00 AM			<b>Lap Swim</b> 5:30 AM - 9:00 AM			<b>Lap Swim</b> 5:30 AM - 9:00 AM			<b>Lap Swim</b> 5:30 AM - 9:00 AM			<b>Lap Swim</b> 5:30 AM - 9:00 AM			CLOSED																							
																					<b>Aqua Fit*</b> 8:00 - 8:50 AM			<b>Aqua Fit*</b> 8:00 - 8:50 AM			<b>Aqua HIIT*</b> 8:00 - 8:50 AM			<b>Aqua Fit*</b> 8:00 - 8:50 AM			<b>Aqua Fit*</b> 8:00 - 8:50 AM								
<b>Recreational Swimming</b> 9:30 AM - 6:00 PM			<b>Camp Instructional Swim</b> 9:00 AM - 1:00 PM			<b>Camp Instructional Swim</b> 9:00 AM - 1:00 PM			<b>Camp Instructional Swim</b> 9:00 AM - 1:00 PM			<b>Camp Instructional Swim</b> 9:00 AM - 1:00 PM			<b>Camp Instructional Swim</b> 9:00 AM - 1:00 PM			<b>Recreational Swimming</b> 9:30 AM - 6:00 PM																							
																					<b>Recreational Swimming</b> 9:30 AM - 6:00 PM			<b>Lap Swim</b> 12:00 - 6:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Lap Swim</b> (Lanes 5&6) 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Lap Swim</b> (Lanes 5&6) 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM		
CLOSED			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Recreational Swimming</b> 1:00 PM - 7:00 PM			<b>Maintenance &amp; Lifeguard In-services</b> 3:00 PM - 6:00 PM			CLOSED																				

**Notes:**

**\*AquaFit classes will use lanes 1, 2 and 3.**

**In the event we have inclement weather, the AquaFit classes may be moved or canceled.**

**The Family Pool and Splash Pad are open during Recreational Swim, but not during Lap Swim and Camp.**

**Lap swimming is ages 13 and up**

**Holidays:**

**Independance Day: July 4th - Recreational Swimming 9:30 AM - 6:00 PM. No Lap Swim on holidays.**

Recreational Swimming
Swim Instruction
Swim Team only
Maintenance / Lifeguard Inservices
Aqua Fit & Aqua HIIT
Lap Swim
Pool Closed

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

