

Oscar J. Tolmas Aquatics Complex

Outdoor Pool Schedule 3/9/2025

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 AM	CLOSED
Open Swim 8:00 AM - 6:00 PM	Aqua Fit* 8:00 - 8:50 AM	Masters Swim** 7:00 - 8:00 AM	Aqua HIIT* 8:00 - 8:50 AM	Masters Swim** 7:00 - 8:00 AM	Aqua Fit* 8:00 - 8:50 AM	Aqua Fit 8:10 - 9:00 AM
	Aqua Fit* 9:00 - 9:50 AM	Aqua Fit* 8:00 - 8:50 AM	Aqua Fit* 9:00 - 9:50 AM	Aqua Fit* 8:00 - 8:50 AM		Open Swim 8:00 AM - 6:00 PM
Aqua Fit* 12:15 - 1:05 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	Open Swim 10:30 AM - 5:00 PM	
CLOSED				Stroke Academy** 4:00 - 5:00 PM		CLOSED

Lap Swim
Open Swim = Lap + Rec Swim
Aqua Fit & Aqua HIIT
Masters Swim
Stroke Academy
Pool Closed

All lap swimming is by drop in. No reservation required

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

**Masters Swim and Stroke Academy will use lanes 4, 5 and 6.

Classes and lap times are subject to change. Visit nojcc.org for updates.

