# Pleasant Valley Aquatic Center September - December 2026
## Schedule At-A-Glance

| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|---|
| 6:00am | Lap Swim **6-8am** | Closed | Lap Swim **6-8am** | Effortless Swim* **6-7am** | Lap Swim **6-8am** | Effortless Swim* **6-7am** | Lap Swim **6-8am** |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | | | | | | | |
| 8:00am | Swim Lessons^ **8-11:30am** | | Transition | | | | |
| 8:30am | | | Water Exercise* **8:15-9:15am** | | | | |
| 9:00am | | Depth Fitness* **9-11:30am** | | | | | |
| 9:30am | | | Therapy Swim **9:30-11am** | Therapy Swim (3 lanes) & Lap Swim (5 lanes) **9:30am-12:30pm** | Therapy Swim **9:30-11am** | Therapy Swim (3 lanes) & Lap Swim (5 lanes) **9:30am-12:30pm** | Therapy Swim **9:30-11am** |
| 10:00am | | | | | | | |
| 10:30am | | | | | | | |
| 11:00am | | | Transition | | Transition | | Transition |
| 11:30am | Transition | Booked Rental^ **9am-3pm** (1 lane/stairs) | Lap Swim **11:30am-1:30pm** | No public programs | Lap Swim **11:30am-1:30pm** | | Lap Swim **11:30am-1:30pm** |
| 12:00pm | Rec Swim **12-3pm** | | | | | | |
| 12:30pm | | | | | | | |
| 1:00pm | | | | | | | |
| 1:30pm | | | Booked Rental^ **1-4pm** (1 lane/stairs) | | | | |
| 2:00pm | | | | | | | |
| 2:30pm | | | | | | | |
| 3:00pm | Open for Rentals | Open for Rentals | | | | | |
| 3:30pm | | | | | | | |
| 4:00pm | | | PV Swim Team^ **4-8pm** | PVST^ **4-6:30pm** (8 Lanes) **6:30-7:30pm** (3-4 lanes) | PV Swim Team^ **4-7:30pm** | PVST^ **4-6:30pm** (8 Lanes) **6:30-7:30pm** (3-4 lanes) | PV Swim Team^ **4-6:45pm** |
| 4:30pm | | | | | | | |
| 5:00pm | | | | | | | |
| 5:30pm | | | | | | | |
| 6:00pm | | | | Lap Swim **6:30-8:30pm** | | Lap Swim **6:30-8:30pm** | |
| 6:30pm | | | | | | | |
| 7:00pm | | | | | | | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |
| 8:30pm | Closed | | | | | | |

### Pool Closures:

August 24 - September 6 // *Annual Maintenance Closure*
November 11 // *Veteran's Day*
November 26 - 29 // *Thanksgiving*
December 12 // *Christmas Parade*
December 24 - 25 // *Christmas*


**Pleasant Valley Aquatic Center**
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***Instructor-led program**
**^Not a drop-in program**

PLEASANT VALLEY RECREATION & PARK DISTRICT