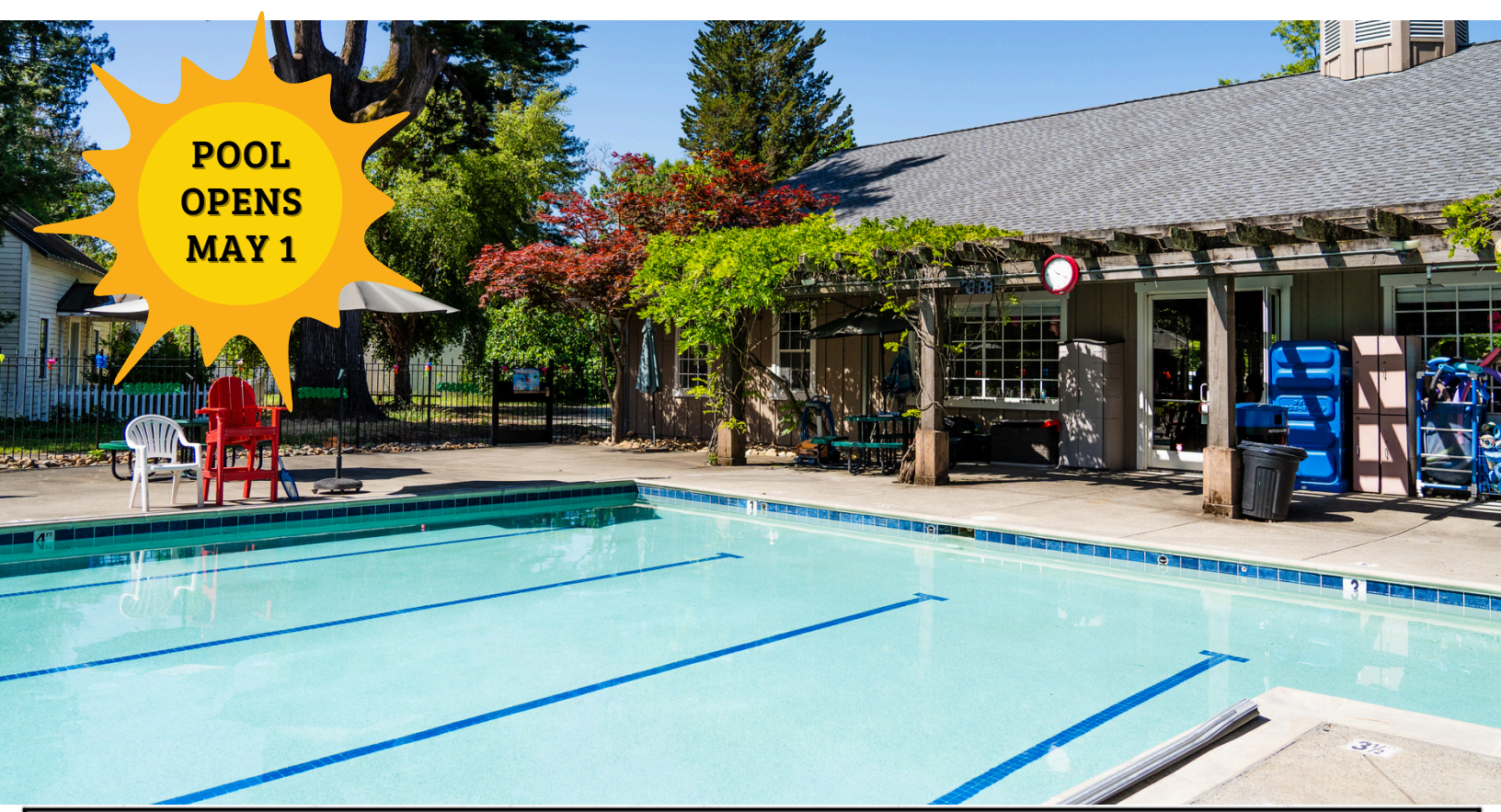


Windsor Senior Center Pool Schedule

MAY 1, 2026 - MAY 17, 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM							
11:00 AM							
12:00 PM	Senior Lap Swim 11:30-12:15pm						Senior Lap Swim 11:30-12:15pm
1:00 PM	Senior Open Swim 12:30-4:00pm						Senior Open Swim 12:30-4:00pm
2:00 PM							
3:00 PM							
4:00 PM		1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	SATURDAY, 5/9, OPEN SWIM ENDS AT 2PM
5:00 PM		Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	
6:00 PM							

FEES FOR OPEN SWIM & LAP SWIM

DROP-IN 50+: $4R/$5NR

50+ POOL PASS: $40R/$50NR

Grandkids: $3 (Allowed first hour of open swim)

BROOKS CREEK RESIDENTS: No Fee

Water Fitness: $7R/$8NR

SENIOR LAP SWIM

- Drop-In Program
- No pre-registration
- Max of 8 participants
- 2 swimmers per lane

SENIOR OPEN SWIM

- Drop-In Program
- No pre-registration
- Max of 40 participants

THE WSRC BUILDING CLOSES AT 6:15PM SHARP. PLEASE PLAN YOUR SHOWER TIME ACCORDINGLY.



WATER FITNESS STARTS MAY 18

Water Fitness is a fun way to exercise and improve strength, endurance, flexibility, balance, and sense of well-being. Using the resistance of the water adds an extra "punch" to your workout.

Fees: $7R / $8NR

Age: 50+ or 18+ with physicians note

Instructors:
Monday and Wednesday - Debbie
Friday - Jeanette
Saturdays - Alan

Windsor Senior Center Pool Schedule

MAY 18, 2026 - JUNE 7, 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM		POOL IS CLOSED ON MONDAY, 5/25					
11:00 AM							Water Fitness 10:00-11:00am
12:00 PM	Senior Lap Swim 11:30-12:15pm						Senior Lap Swim 11:30-12:15pm
1:00 PM	Senior Open Swim 12:30-4:00pm	Water Fitness 1:00pm-2:00pm		Water Fitness 1:00pm-2:00pm		Aqua Pilates 1:00pm-2:00pm	Senior Open Swim 12:30-4:00pm
2:00 PM		Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	
3:00 PM		Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	
4:00 PM							
5:00 PM							
6:00 PM							

