

Indian Head Swimming Pool Programming

Lane Swimming – These time slots are reserved for pool users who are swimming full lengths of the pool to practice and improve technique, achieve fitness goals, or train for competition. Limited fitness and training tools are available on a first come first serve basis.

Adult/ Aquacize – These time slots are for adults looking for a low-impact resistance workout at quieter time. Our accessible ramp makes entering and exiting the pool easy for all abilities.

Public Swimming – These blocks of time are for swimmers of all ages to float and play in the pool. The diving board, water slide and pool toys are available for use. Children under the age of 9 must be accompanied in the water by a parent or caregiver 12 years of age or older. This caregiver must be within arm's reach of the swimmer they are accompanying. PFD's are not a substitute for supervision. Lifeguards enforce the rules and protect the safety of all pool users. Lifeguards are not babysitters.

Family Swimming – This time slot provides a safe and calm environment for parents to interact with their young children in the pool. This is the perfect time to introduce your infant to the water. At least one parent or caregiver is required to be in the water and within arm's reach of the swimmer attending Family Swimming times.

Swimming Lessons – These time slots are dedicated to our learn to swim programs. Please contact Pool Staff for more information and to register. Please review the current Pool Guide for lesson registration deadlines and other regulations.