KTAC Pool Schedule

Fall 2026 – Spring 2027

KITSAP TENNIS & ATHLETIC CENTER

MONDAY THRU FRIDAY 6:00 AM - 8:00 PM, SATURDAY AND SUNDAY 8:00 AM - 5:30 PM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap Swim Members Only 6:00 to 8:30	Lap Swim Members Only 6:00 to 9:30	Lap Swim Members Only 6:00 to 8:30	Lap Swim Members Only 6:00 to 9:30	Lap Swim Members Only 6:00 to 8:30	Pool Closed	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM						Lap Swim Members Only 8:00 to 10:00 (Except Second Saturday, 9-10)	Lap Swim Members Only 8:00 to 10:00
8:30 AM	Water Fitness with Patti 8:15 to 9:30		Water Fitness with Patti 8:15 to 9:30		Water Fitness with Patti 8:15 to 9:30		
9:00 AM						Paddleboard with Lindsay 9:00 to 10:00 (Second Saturday of Each Month Only)	
9:30 AM	Family Swim 9:30 to 11:00	Family Swim 9:30 to 11:00	Family Swim 9:30 to 11:00	Family Swim 9:30 to 11:00	Family Swim 9:30 to 11:00		
10:00 AM						Public Swim 10:00 to 5:30	Public Swim 10:00 to 5:30
10:30 AM							
11:00 AM	Kitsap Physical Therapy 11:00 to 1:00						
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Public Swim 1:00 to 5:00	Public Swim 1:00 to 4:00	Public Swim 1:00 to 5:00	Public Swim 1:00 to 4:00	Public Swim 1:00 to 8:00		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Group Swim Lessons 4:00 to 7:00		Group Swim Lessons 4:00 to 7:00			
4:30 PM							
5:00 PM	Group Swim Lessons 5:00 to 7:00		Group Swim Lessons 5:00 to 7:00				
5:30 PM						Pool Closed	
6:00 PM							
6:30 PM							
7:00 PM	Public Swim 7:00 to 8:00	Public Swim 7:00 to 8:00	Public Swim 7:00 to 8:00	Public Swim 7:00 to 8:00			
7:30 PM							
8:00 PM							

Kitsap Tennis & Athletic Center

Pool Programs and Guidelines

Fall 2026 through Spring 2027

Classes and aquatic therapy

Program	Schedule	What to expect
Water Fitness w/Patti	Mon, Wed & Fri 8:15–9:30 AM	Moderate- to high-intensity, no-impact workout in shallow and deep water. Adjust effort to your fitness level. Open to members and non-members. Pool and deck reserved for class only; no lap swim.
Aquatic Therapy Kitsap Physical Therapy	Monday–Friday 11:00 AM–1:00 PM	Movement and exercise in the pool. Contact KPT for details. Lanes 1 and 2 remain available to members only; the rest of the pool and deck are reserved for therapy. Please be considerate of participants.
Paddleboard Yoga w/Lindsay	Second Saturday of each month 9:00–10:00 AM	Yoga on a paddleboard in the pool to build core strength, balance and flexibility. A welcoming class for beginners and experienced participants.

Swimming options

Group Swim Lessons Pool and deck are reserved for lesson participants only. No lap swim during lessons.

Family Swim For members to swim with family and friends. Lanes 1 and 2 may be reserved by members only.

Public Swim Open to members and non-members. Non-members may include up to five immediate family members. Both may reserve lanes 1 and 2.

Lap Swim Members only; first come, first served, with no reservations. Starts at 6:00 AM Monday–Friday and 8:00 AM Saturday–Sunday. Lanes may be shared by mutual agreement.

Lane reservations and pool rules

Reserve lanes 1 and 2 up to 7 days ahead for members or 48 hours ahead for non-members, where eligible. Lane swim is limited to 60 minutes per person.

Children age 7 and under, and children wearing a life jacket, must have a parent or guardian in the water. No inflatables are allowed.

Pool rentals are available. Pool space may be shared with birthday parties and other special events.

Complimentary day lockers are available in changing rooms. Bring a lock and remove all belongings at the end of your visit.