

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pool Legend
6:00-7:00 AM Lap Swim (4L) Masters (2L)	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim (4L) Masters (2L)	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim (4L) Masters (2L)			<b>Yellow-</b> Lap Swim  <b>Blue-</b> Aquatic Exercise <b>Orange-</b> Open Swim is open to all that have a membership <b>Red-</b> Private Lessons <b>Aqua Green-</b> Summer Camp <b>Pink-</b> Afterschool <b>Green-</b> Sailfish Swim Team  <b>NOTE: Private Lessons may happen during lap swim.</b>  <b>Caps are required when in the pool.</b>
7:00-8:00 AM Lap Swim	7:00-8:00 AM Lap Swim	7:00-8:00 AM Lap Swim	7:00-8:00 AM Lap Swim	7:00-8:00 AM Lap Swim	7:00-8:00 AM Lap Swim		
8:00-8:50 AM Lap Swim	8:00-8:50 AM Lap Swim	8:00-8:50 AM Lap Swim	8:00-8:50 AM Lap Swim	8:00-8:50 AM Lap Swim	8:00-8:50 AM Lap Swim	8:00-8:45 AM Lap Swim	
9:00-10:00 AM Silver Splash	9:00-10:00 AM Water Funk	9:00-10:00 AM Aqua Zumba	9:00-10:00 AM Water Funk	9:00-10:00 AM Silver Splash	9:00-10:00 AM Aqua Flex	9:00-10:00 AM Lap Swim	
10:00-11:00 AM Lap Swim	10:00-11:00 AM Water Funk	10:00-11:00 AM Lap Swim	10:00-11:00 AM Water Funk	10:00-1:00 PM Summer Camp	10:00 AM-1:00 PM Group Lessons (4L)	10:00 AM-1:00 PM Group Lessons (4L)	
11:00-12:00 PM Lap Swim	11:00-12:00 PM Lap Swim (2L) Group Lessons(4L)	11:00-12:00 PM Lap Swim	11:00-12:00 Lap Swim (4L) Group Lessons (2L)				
12:00-3:00 PM Summer Camp	12:00-3:00 PM Summer Camp	12:00-2:00 PM Summer Camp Swim Lessons	12:00-2:00 PM Summer Camp Swim Lessons	1:00-3:00 PM Lap Swim	1:00-4:45 PM Lap Swim (2L) Open Swim (2L) Boy Scouts (2L)	1:00-4:45 PM Lap Swim (2L) Open Swim (2L)	
3:00 - 4:00 PM Lap Swim (4L) Open Swim (2L)	3:00 - 4:00 PM Lap Swim (4L) Open Swim (2L)	2:00 - 4:00 PM Lap Swim (4L) Open Swim (2L)	2:00 - 4:00 PM Lap Swim (4L) Open Swim (2L)				
4:00-5:00 PM Group Lessons	4:00-5:00 PM Group Lessons	4:00-5:00 PM Group Lessons	4:00-5:00 PM Group Lessons	4:00-5:30 PM Swim Team (4L) Lap Swim (1L)			
5:00-6:00 PM Group Lessons	5:00-6:00 PM Group Lessons	5:00-6:00 PM Group Lessons	5:00-6:00 PM Group Lessons				
6:00-7:00 PM Swim Team (6L)	6:00-7:00 PM Deep Water Conditioning (4L) Swim Team (2L)	6:00-7:00 PM Swim Team (6L)	6:00-7:00 PM Deep Water Conditioning (4L) Swim Team (2L)	6:00-8:30 PM Family Fun Friday			
7:00-8:00 PM Group Lessons(1L) Swim Team (5L)	7:00-8:00 PM Group Lessons(1L) Swim Team (5L)	7:00-8:00 PM Group Lessons(1L) Swim Team (5L)	7:00-8:00 PM Group Lessons(1L) Swim Team (5L)				
8:00-9:00 PM Swim Team (4L) Lap Swim (1L)	8:00-9:00 PM Swim Team (4L) Lap Swim (1L)	8:00-9:00 PM Swim Team (4L) Lap Swim (1L)	8:00-9:00 PM Swim Team (4L) Lap Swim (1L)	8:00-9:00 PM Swim Team (4L) Lap Swim (1L)			
						Updated: 07/21/2025	