



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pool Legend
6:00-7:00 AM Lap Swim (4L) ASC (2L)	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim (4L) ASC (2L)	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim (4L) ASC (2L)			<p>Yellow- Lap Swim</p> <p>Blue- Aquatic Exercise</p> <p>Orange- Open Swim is open to all that have a membership</p> <p>Red- Private Lessons</p> <p>Green- Sailfish Swim Team</p> <p>Aqua Green- Summer Camp</p> <p>Pink- Afterschool</p> <p>NOTE: Private Lessons may happen during lap swim. Caps are required when in the pool.</p>
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	8:00-8:45 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 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 Group Lessons (2L) Lap Swim (4L)	
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 AM-1:00 PM Summer Camp	10:00 AM-1:00 PM Group Lessons (5L) Private Lessons	10:00 AM-1:00 PM Group Lessons (5L) Private Lessons	
11:00-12:00 PM Lap Swim (4L) Group Lessons (2L)	11:00-12:00 PM Lap Swim (4L) Group Lessons (2L)	11:00-12:00 AM Lap Swim	11:00-12:00 PM 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	1:00-2:00 PM Lap Swim	1:00-4:45 PM Lap Swim (3L) Open Swim (3L)	1:00-4:45 PM Lap Swim (3L) Open Swim (3L)	
		2:00-3:00 PM Lap Swim	2:00-3:00 PM Lap Swim	2:00-3:00 PM Lap Swim			
3:00-4:00 PM Lap Swim (4L) 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)	3:00-4:00 PM Lap Swim (4L) Open Swim (2L)	3:00-4:00 PM Lap Swim (3L) Open Swim (3L)			
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	4:00-5:00 PM Lap Swim (3L) Open Swim (3L)			
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	5:00-6:00 PM Lap Swim			
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	6:00-7:00 PM Swim Team (6L)			
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)	7:00-8:00 PM Swim Team (6L)			
8:00-9:00 PM Swim Team (4L) Lap Swim (2L)	8:00-9:00 PM Swim Team (4L) Lap Swim (2L)	8:00-9:00 PM Swim Team (4L) Lap Swim (2L)	8:00-9:00 PM Swim Team (4L) Lap Swim (2L)	8:00-9:00 PM Swim Team (4L) Lap Swim (2L)			
						Updated: 06/26/2025	