FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule: 11/29/2024-12/18/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim	6:00-7:00 AM Lap Swim	6:00-7:00 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	7:00-8:00 AM Lap Swim (3L) Swim Team (3L)	
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 (3L) Swim Team (3L)	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 Lap Swim
10:00-11:00AM Lap Swim	10:00-11:00 AM Water Funk	10:00-11:00AM Lap Swim	10:00-11:00 AM Water Funk	10:00-11:00AM Lap Swim	10:00 AM-1:00 PM Group Lessons (6L) Private Lessons	10:00 AM-1:00 PM Group Lessons (6L) Private Lessons
11:00-12:00 PM Lap Swim (4L) Group Lessons (2L)	11:00-12:00 Group Lessons (6L)	11:00-12:00 Lap Swim	11:00-12:00 Lap Swim (4L) Group Lessons (2L)	11:00-12:00 Lap Swim		
12:00-1:00 PM Lap Swim	12:00-1:00 PM Lap Swim	12:00-1:00 PM Lap Swim	12:00-1:00 PM Lap Swim	12:00-1:00 PM Lap Swim		
1:00-2:00 PM Lap Swim	1:00-2:00 PM Lap Swim	1:00-2:00 PM Lap Swim	1:00-2:00 PM Lap Swim	1:00-2:00 PM Lap Swim	1:00-3:50 PM Lap Swim (4L) Open Swim (2L) Private Lessons	1:00-4:45 PM Lap Swim (4L) Open Swim (2L) Private Lessons
2:00-3:00 PM Lap Swim	2:00-3:00 PM Lap Swim	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	3:00-4:00 PM Lap Swim	3:00-4:00 PM Lap Swim	3:00-4:00 PM Lap Swim	3:00-4:00 PM Lap Swim		
4:00-5:00 PM Lap Swim	4:00-5:00 PM Lap Swim	4:00-5:00 PM Lap Swim	4:00-5:00 PM Lap Swim	4:00-5:00 PM Lap Swim		
4:00-5:00 PM Group Lessons (2L)	4:00-5:00 PM Group Lessons (6L)	4:00-5:00 PM Group Lessons (6L)	4:00-5:00 PM Group Lessons (6L)	4:00-5:00 PM Afterschool (2L) Lap Swim (4L)	4:00-5:00 PM FASNY	
5:00-6:00 PM Group Lessons (2L) Afterschool (4L)	5:00-6:00 PM Group Lessons (6L)	5:00-6:00 PM Group Lessons (6L)	5:00-6:00 PM Group Lessons (6L)	5:00-6:00 PM Lap Swim (6L)		
6:00-7:00 PM Swim Team	6:00-7:00 PM Swim Team	6:00-7:00 PM Swim Team	6:00-6:45 PM Deep Water Conditioning	6:00-7:00 PM Swim Team		
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		
8:00-9:00 PM FASNY(6L)	8:00-9:00 PM Swim Team (6L)	8:00-9:00 PM FASNY(6L)	8:00-9:00 PM Swim Team (6L)	8:00-9:00 PM Swim Team (6L)		
						Updated: 11/22/2024

Pool Legend

Yellow- Lap Swim

Blue- Water Exercise

Orange- Open Swim is open to all that have a membership

Red- Private Lessons

Green- Sailfish Swim Team

Aqua Green- Holiday Camp

Pink- Afterschool

Purple- FASNY

NOTE: Private Lessons may happen during lap swim.

Caps are required when in the pool.