FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule: 01/02/2024-01/05/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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 (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 (3L) Swim Team (3L)	8:00-8:45 AM Lap Swim
			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 Water Funk	10:00-11:00AM Lap Swim	10:00 AM-1:00 PM Group Lessons Private Lessons	10:00 AM-1:00 PM Group Lessons Private Lessons
			11:00-12:00 Lap Swim	11:00-12:00 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	4:00-5:00 PM FASNY (6L)	1:00-4:45 PM Lap Swim (4L) Open Swim (2L)
			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		
			4:00-5:00 PM Open Swim (2L) Lap Swim (4L)	4:00-5:00 PM Open Swim (2L) Lap Swim (4L)		
			5:00-5:50 PM Open Swim (2L) Lap Swim (4L)	5:00-5:50 PM Open Swim (2L) Lap Swim (4L)		
			6:00-6:45 PM Deep Water Conditioning	6:00-7:00 PM Swim Team		
			7:00-8:00 PM Swim Team	7:00-8:00 PM Swim Team		
			8:00-9:00 PM Swim Team (6L)	8:00-9:00 PM Swim Team (6L)		
						Updated: 12/29/2024

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.