



Pool Schedule: 01/06/2025-01/31/2025

| 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- Water 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- Holiday Camp</p> <p>Pink- Afterschool</p> <p>Purple- FASNY</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 (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 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 | |
| 10:00-11:00AM 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 Private Lessons | 10:00 AM-1:00 PM Group Lessons Private Lessons | |
| 11:00-12:00 Lap Swim | 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 (5L) UPK Lessons (1L) | 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 | 1:00-3:45 PM Lap Swim (4L) Open Swim (2L) | 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 | 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 Afterschool Lessons (2L) Group Lessons (4L) | 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 Lap Swim | 4:00-5:00 PM FASNY (6L) | | |
| 5:00-5:50 PM Group Lessons (6L) | 5:00-5:50 PM Group Lessons (6L) | 5:00-5:50 PM Group Lessons (6L) | 5:00-5:50 PM Group Lessons (6L) | 5:00-5:50 PM Lap Swim | | | |
| 6:00-7:00 PM Swim Team | 6:00-7:00 PM Deep Water Conditioning(4L) Swim Team(2L) | 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 Swim Team | 7:00-8:00 PM Swim Team | 7:00-8:00 PM Swim Team (6L) Group Lessons (1L) | 7:00-8:00 PM Swim Team | | | |
| 8:00-9:00 PM FASNY (6L) | 8:00-9:00 PM Swim Team | 8:00-9:00 PM FASNY (6L) | 8:00-9:00 PM Swim Team | 8:00-9:00 PM Swim Team | | | |
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| | | | | | | Updated: 01/14/2025 | |
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