



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Pool Schedule: 02/01/2025-02/16/2025**

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                    | Saturday   | Sunday   | Pool Legend   |
|---|---|--|--|---|--|--|---|
| 6:00-7:00 AM<br>Lap Swim (4L)<br>ASC (2L)                         | 6:00-7:00 AM<br>Lap Swim  | 6:00-7:00 AM<br>Lap Swim (4L)<br>ASC (2L)          | 6:00-7:00 AM<br>Lap Swim                             | 6:00-7:00 AM<br>Lap Swim (4L)<br>ASC (2L) |  |  | <p><b>Yellow-</b> Lap Swim</p> <p><b>Blue-</b> Water Exercise</p> <p><b>Orange-</b> Open Swim<br/>is open to all that<br/>have a membership</p> <p><b>Red-</b> Private Lessons</p> <p><b>Green-</b> Sailfish Swim Team</p> <p><b>Aqua Green-</b> Holiday Camp</p> <p><b>Pink-</b> Afterschool</p> <p><b>Purple-</b> FASNY</p> <p><b>NOTE: Private Lessons may<br/>happen during lap swim.<br/>Caps are required when in<br/>the pool.</b></p> |
| 7:00-8:00 AM<br>Lap Swim  | 7:00-8:00 AM<br>Lap Swim  | 7:00-8:00 AM<br>Lap Swim                           | 7:00-8:00 AM<br>Lap Swim                             | 7:00-8:00 AM<br>Lap Swim                  | 7:00-8:00 AM<br>Lap Swim (3L)<br>Swim Team (3L)      |  |   |
| 8:00-8:50 AM<br>Lap Swim  | 8:00-8:50 AM<br>Lap Swim  | 8:00-8:50 AM<br>Lap Swim                           | 8:00-8:50 AM<br>Lap Swim                             | 8:00-8:50 AM<br>Lap Swim                  | 8:00-8:50 AM<br>Lap Swim (3L)<br>Swim Team (3L)      | 8:00-8:45 AM<br>Lap Swim                             |   |
| 9:00-10:00 AM<br>Silver Splash                                    | 9:00-10:00 AM<br>Water Funk                                     | 9:00-10:00 AM<br>Aqua Zumba                        | 9:00-10:00 AM<br>Water Funk                          | 9:00-10:00 AM<br>Silver Splash            | 9:00-10:00 AM<br>Aqua Flex                           | 9:00-10:00 AM<br>Lap Swim                            |   |
| 10:00-11:00AM<br>Lap Swim   | 10:00-11:00 AM<br>Water Funk                                    | 10:00-11:00AM<br>Lap Swim                          | 10:00-11:00 AM<br>Water Funk                         | 10:00-11:00AM<br>Lap Swim                 | 10:00 AM-1:00 PM<br>Group Lessons<br>Private Lessons | 10:00 AM-1:00 PM<br>Group Lessons<br>Private Lessons |   |
| 11:00-12:00<br>Lap Swim   | 11:00-12:00<br>Group Lessons (6L)                               | 11:00-12:00<br>Lap Swim                            | 11:00-12:00<br>Lap Swim (4L)<br>Group Lessons (2L)   | 11:00-12:00<br>Lap Swim                   |  |  |   |
| 12:00-1:00 PM<br>Lap Swim   | 12:00-1:00 PM<br>Lap Swim                                       | 12:00-1:00 PM<br>Lap Swim (5L)<br>UPK Lessons (1L) | 12:00-1:00 PM<br>Lap Swim                            | 12:00-1:00 PM<br>Lap Swim                 |  |  |   |
| 1:00-2:00 PM<br>Lap Swim  | 1:00-2:00 PM<br>Lap Swim  | 1:00-2:00 PM<br>Lap Swim                           | 1:00-2:00 PM<br>Lap Swim                             | 1:00-2:00 PM<br>Lap Swim                  | 1:00-3:45 PM<br>Lap Swim (4L)<br>Open Swim (2L)      | 1:00-4:45 PM<br>Lap Swim (4L)<br>Open Swim (2L)      |   |
| 2:00-3:00 PM<br>Lap Swim  | 2:00-3:00 PM<br>Lap Swim  | 2:00-3:00 PM<br>Lap Swim                           | 2:00-3:00 PM<br>Lap Swim                             | 2:00-3:00 PM<br>Lap Swim                  |  |  |   |
| 3:00-4:00 PM<br>Lap Swim  | 3:00-4:00 PM<br>Lap Swim  | 3:00-4:00 PM<br>Lap Swim                           | 3:00-4:00 PM<br>Lap Swim                             | 3:00-4:00 PM<br>Lap Swim                  |  |  |   |
| 4:00-5:00 PM<br>Afterschool<br>Lessons (2L)<br>Group Lessons (4L) | 4:00-5:00 PM<br>Group Lessons (6L)                              | 4:00-5:00 PM<br>Group Lessons (6L)                 | 4:00-5:00 PM<br>Group Lessons (6L)                   | 4:00-5:00 PM<br>Lap Swim                  | 4:00-5:00 PM<br>FASNY (6L)                           |  |   |
| 5:00-5:50 PM<br>Group Lessons (6L)                                | 5:00-5:50 PM<br>Group Lessons (6L)                              | 5:00-5:50 PM<br>Group Lessons (6L)                 | 5:00-5:50 PM<br>Group Lessons (6L)                   | 5:00-5:50 PM<br>Lap Swim                  |  |  |   |
| 6:00-7:00 PM<br>Swim Team   | 6:00-7:00 PM<br>Deep Water<br>Conditioning(4L)<br>Swim Team(2L) | 6:00-7:00 PM<br>Swim Team                          | 6:00-6:45 PM<br>Deep Water<br>Conditioning           | 6:00-7:00 PM<br>Swim Team                 |  |  |   |
| 7:00-8:00 PM<br>Group Lessons (1L)<br>Swim Team (5L)              | 7:00-8:00 PM<br>Swim Team                                       | 7:00-8:00 PM<br>Swim Team                          | 7:00-8:00 PM<br>Swim Team (6L)<br>Group Lessons (1L) | 7:00-8:00 PM<br>Swim Team                 |  |  |   |
| 8:00-9:00 PM<br>FASNY (6L)  | 8:00-9:00 PM<br>Swim Team                                       | 8:00-9:00 PM<br>FASNY (6L)                         | 8:00-9:00 PM<br>Swim Team                            | 8:00-9:00 PM<br>Swim Team                 |  |  |   |
|   |   |  |  |   |  |  |   |
|   |   |  |  |   |  | Updated:<br>01/31/2025                               |   |
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