



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)			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.
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 WSI Course (3L) Lap Swim (3L)	9:00-10:00 AM WSI Course (3L) Lap Swim (3L)	9:00-10:00 AM WSI Course (3L) Lap Swim (3L)	9:00-10:00 AM Lap Swim	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 WSI Course	10:00-11:00 AM WSI Course (3L) Lap Swim (3L)	10:00-11:00 AM WSI Course (3L) Lap Swim (3L)	10:00-11:00AM Lap Swim	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 PM WSI Course	11:00-12:00 PM WSI Course (3L) Group Lessons (3L)	11:00-12:00 PM WSI Course	11:00-12:00 PM Lap Swim (4L) Group Lessons (2L)	11:00-12:00 PM Lap Swim			
12:00-1:00 PM Lap Swim	12:00-1:00 PM WSI Course (3L) Lap Swim (3L)	12:00-1:00 PM WSI Course (3L) Lap Swim (3L)	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			
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	1:00-4:45 PM Lap Swim (2L) Open Swim (2L)	1:00-4:45 PM Lap Swim (2L) Open Swim (2L)	
3:00-3:55 PM Lap Swim (6L)	3:00-3:55 PM Lap Swim (6L)	3:00-3:55 PM Lap Swim (6L)	3:00-3:55 PM Lap Swim (6L)	3:00-3:55 PM Lap Swim (6L)			
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 Group Lessons (6L)	4:00-5:00 PM Lap Swim (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 (6L)			
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 Swim Team	7:00-8:00 PM Swim Team	7:00-8:00 PM Swim Team	7:00-8:00 PM Group Lessons (1L) Swim Team (5L)	7:00-8:00 PM Swim Team			
8:00-9:00 PM Swim Team	8:00-9:00 PM Swim Team	8:00-9:00 PM Swim Team	8:00-9:00 PM Swim Team	8:00-9:00 PM Swim Team			
						Updated: 05/21/2025	