



Pool Schedule: 8/25/2025-8/31/2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Pool Legend |
|---------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:00-7:00 AM Lap Swim (4L) Masters (2L) | 6:00-7:00 AM Lap Swim | 6:00-7:00 AM Lap Swim (4L) Masters (2L) | 6:00-7:00 AM Lap Swim | 6:00-7:00 AM Lap Swim (4L) Masters (2L) | | | <div>Yellow- Lap Swim</div> <div>Blue- Aquatic Exercise</div> <div>Orange- Open Swim is open to all that have a membership</div> <div>Red- Private Lessons</div> <div>NOTE: Private Lessons may happen during lap swim.</div> <div>Caps are required when in the pool.</div> |
| 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 | | |
| 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 | 8:00-8:45 AM Lap Swim | 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 | |
| 10:00-11:00 AM Lap Swim | 10:00-11:00 AM Water Funk | 10:00-11:00 AM Lap Swim | 10:00-11:00 AM Water Funk | 10:00-11:00 AM Lap Swim | 10:00 AM-1:00 PM Group Lessons (4L) | 10:00 AM-1:00 PM Group Lessons (4L) | |
| 11:00-12:00 PM Lap Swim | 11:00 AM-12:00 PM Lap Swim (4L) Group Lessons (2L) | 11:00-12:00 PM Lap Swim | 11:00-12:00 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 Lap Swim | 12:00-1:00 PM Lap Swim | 12:00-1:00 PM Lap Swim | 12:00-1:00 PM Lap Swim | 2:00-3:00 PM Pool Party (3L) Lap Swim (3L) | 1:00-4:45 PM Lap Swim (4L) Open Swim (2L) | |
| 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 - 3:55 PM Lap Swim (4L) Open Swim (2L) | 2:00 - 3:55 PM Lap Swim (4L) Open Swim (2L) | 2:00 - 3:55 PM Lap Swim (4L) Open Swim (2L) | 2:00 - 3:55 PM Lap Swim (4L) Open Swim (2L) | 2:00 - 3:55 PM Lap Swim (4L) Open Swim (2L) | 1:00-4:45 PM Lap Swim (4L) Open Swim (2L) | | |
| 4:00-6:00 PM Group Lessons | 4:00-6:00 PM Group Lessons | 4:00-6:00 PM Group Lessons | 4:00-6:00 PM Group Lessons | 4:00-6:00 PM Group Lessons | | | |
| 6:00-7:00 PM Swim Team (6L) | 6:00-7:00 PM Deep Water Conditioning (4L) Swim Team (2L) | 6:00-7:00 PM Swim Team (6L) | 6:00-7:00 PM Deep Water Conditioning (4L) Swim Team (2L) | 6:00-7:00 PM Swim Team (6L) | | | |
| 7:00-8:00 PM Swim Team (6L) | 7:00-8:00 PM Swim Team (6L) | 7:00-8:00 PM Swim Team (6L) | 7:00-8:00 PM Swim Team (6L) | 7:00-8:00 PM Swim Team (6L) | | | |
| 8:00-9:00 PM Swim Team (5L) Lap Swim (1L) | 8:00-9:00 PM Swim Team (5L) Lap Swim (1L) | 8:00-9:00 PM Swim Team (5L) Lap Swim (1L) | 8:00-9:00 PM Swim Team (5L) Lap Swim (1L) | 8:00-9:00 PM Swim Team (5L) Lap Swim (1L) | | | |
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