



## Pool Schedule: 8/1/2025 - 8/8/2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  | Sunday  | Pool Legend   |
|---|---|---|---|--|---|---|---|
| 6:00-7:00 AM<br>Lap Swim (4L)<br>Masters (2L)       | 6:00-7:00 AM<br>Lap Swim  | 6:00-7:00 AM<br>Lap Swim                            | 6:00-7:00 AM<br>Lap Swim  | 6:00-7:00 AM<br>Lap Swim (4L)<br>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>Aqua Green- Summer Camp</div> <div>Pink- Afterschool</div> <div>Green- Sailfish Swim Team</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<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                        |   |   |
| 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                        | 8:00-8:45 AM<br>Lap Swim                        |   |
| 9:00 - 10:00 PM<br>Lap Swim (2L)<br>Open Swim (4L)  | 9:00-10:00 AM<br>Water Funk                                       | 9:00 - 10:00 PM<br>Lap Swim (2L)<br>Open Swim (4L)  | 9:00-10:00 AM<br>Water Funk                                       | 9:00 - 10:00 PM<br>Lap Swim (2L)<br>Open Swim (4L) | 9:00-10:00 AM<br>Aqua Flex                      | 9:00-10:00 AM<br>Lap Swim                       |   |
| 10:00-11:00 AM<br>Lap Swim                          | 10:00-11:00 AM<br>Water Funk                                      | 10:00-11:00 AM<br>Lap Swim                          | 10:00-11:00 AM<br>Water Funk                                      | 10:00-1:00 PM<br>Summer Camp                       | 10:00 AM-1:00 PM<br>Group Lessons (4L)          | 10:00 AM-1:00 PM<br>Group Lessons (4L)          |   |
| 11:00-12:00 PM<br>Lap Swim                          | 11:00-12:00 PM<br>Lap Swim (2L)<br>Group Lessons(4L)              | 11:00-12:00 PM<br>Lap Swim                          | 11:00-12:00 PM<br>Lap Swim (2L)<br>Group Lessons(4L)              |  |   |   |   |
| 12:00-3:00 PM<br>Summer Camp                        | 12:00-3:00 PM<br>Summer Camp                                      | 12:00-2:00 PM<br>Summer Camp<br>Swim Lessons        | 12:00-2:00 PM<br>Summer Camp<br>Swim Lessons                      | 1:00 - 3:00 PM<br>Lap Swim (4L)<br>Open Swim (2L)  | 1:00-4:45 PM<br>Lap Swim (4L)<br>Open Swim (2L) | 1:00-4:45 PM<br>Lap Swim (2L)<br>Open Swim (2L) |   |
| 3:00 - 3:55 PM<br>Lap Swim (4L)<br>Open Swim (2L)   | 3:00 - 3:55 PM<br>Lap Swim (4L)<br>Open Swim (2L)                 | 2:00 - 3:55 PM<br>Lap Swim (4L)<br>Open Swim (2L)   | 2:00 - 3:55 PM<br>Lap Swim (4L)<br>Open Swim (2L)                 | 3:00-5:00 PM<br>Pool Party (6L)                    |   |   |   |
| 4:00-5:00 PM<br>Group Lessons                       | 4:00-5:00 PM<br>Group Lessons                                     | 4:00-5:00 PM<br>Group Lessons                       | 4:00-5:00 PM<br>Group Lessons                                     |  |   |   |   |
| 5:00-6:00 PM<br>Group Lessons                       | 5:00-6:00 PM<br>Group Lessons                                     | 5:00-6:00 PM<br>Group Lessons                       | 5:00-6:00 PM<br>Group lessons                                     | 5:00 - 6:00 PM<br>Lap Swim (4L)<br>Lifeguard (2L)  |   |   |   |
| 6:00-7:00 PM<br>Swim Team (6L)                      | 6:00-7:00 PM<br>Deep Water<br>Conditioning (4L)<br>Swim Team (2L) | 6:00-7:00 PM<br>Swim Team (6L)                      | 6:00-7:00 PM<br>Deep Water<br>Conditioning (4L)<br>Swim Team (2L) | 6:00-7:00 PM<br>Swim Team (5L)                     |   |   |   |
| 7:00-8:00 PM<br>Group Lessons(1L)<br>Swim Team (5L) | 7:00-8:00 PM<br>Group Lessons(1L)<br>Swim Team (5L)               | 7:00-8:00 PM<br>Group Lessons(1L)<br>Swim Team (5L) | 7:00-8:00 PM<br>Group Lessons(1L)<br>Swim Team (5L)               | 7:00-8:00 PM<br>Lap Swim (1L)                      |   |   |   |
| 8:00-9:00 PM<br>Swim Team (4L)<br>Lap Swim (1L)     | 8:00-9:00 PM<br>Swim Team (4L)<br>Lap Swim (1L)                   | 8:00-9:00 PM<br>Swim Team (4L)<br>Lap Swim (1L)     | 8:00-9:00 PM<br>Swim Team (4L)<br>Lap Swim (1L)                   | 8:00-9:00 PM<br>Swim Team (4L)<br>Lap Swim (1L)    |   |   |   |
|   |   |   |   |  |   |   |   |
|   |   |   |   |  |   | Updated:<br>08/1/2025                           |   |