



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|--|
| | LANE SWIM (6 lanes) 5:00-9:00 AM | LANE SWIM (6 lanes) 5:00-9:00 AM | LANE SWIM (6 lanes) 5:00-9:00 AM | LANE SWIM (6 lanes) 5:00-7:00 AM | LANE SWIM (6 lanes) 5:00-9:00 AM | |
| LANE SWIM (6 Lanes) 7:00 AM-9:00 AM | | | | Aqua Fit (1 lane) 7:00-7:45 AM | | LANE Swim (6 lanes) 7 AM – 9:00 AM |
| LANE SWIM (5 Lanes) 9:00 AM-9:45 AM | LANE SWIM (5 lanes) 9:00 – 9:45 AM | LANE SWIM (5 lanes) 9:00 AM – 9:45 AM | LANE SWIM (5 lanes) 9:00 – 10:45 AM | LANE Swim (6 Lanes) 7:45 AM – 9:00 AM | LANE SWIM (5 lanes) 9:00 AM-10:45 AM | Swim Lessons (2 lanes) 9 AM – 2:00 PM |
| LANE SWIM (6 Lanes) 10:00 AM-4:45 PM | Silver Sneakers Splash (1 lane) 9:00-9:45 AM | Aqua Fit (1 lane) 9:00-9:45 AM | Aqua Fit (1 lane) 9:00-9:45 AM | Aqua Fit (1 lane) 9:00-9:45 AM | Aqua Fit (1 lane) 9:00-9:45 AM | LANE SWIM (4 lanes) 9:00 AM – 2:00 PM |
| | LANE SWIM (4 lanes) 9:45 AM-11:30 AM | LANE SWIM (4 lanes) 9:45 AM-11:30 AM | LANE SWIM (4 lanes) 9:45 AM-11:30 AM | LANE SWIM (4 lanes) 9:45 AM-11:30 AM | LANE SWIM (4 lanes) 9:45 AM-11:30 AM | LANE SWIM (6 lanes) 2:00-4:45 PM |
| | LANE SWIM (3 lanes: 1 shared swim, 1 shared water walk, 1 individual) 11:30 AM-12:45 PM | LANE SWIM (3 lanes: 1 shared swim, 1 shared water walk, 1 individual) 11:30 AM-12:45 PM | LANE SWIM (3 lanes: 1 shared swim, 1 shared water walk, 1 individual) 11:30 AM-12:45 PM | LANE SWIM (3 lanes: 1 shared swim, 1 shared water walk, 1 individual) 11:30 AM-12:45 PM | LANE SWIM (3 lanes: 1 shared swim, 1 shared water walk, 1 individual) 11:30 AM-12:45 PM | |
| | LANE SWIM (4 lanes) FAMILY SWIM (2 lanes) 12:45 PM – 3:00 PM | LANE SWIM (4 lanes) FAMILY SWIM (2 lanes) 12:45 PM – 3:00 PM | LANE SWIM (4 lanes) FAMILY SWIM (2 lanes) 12:45 PM – 3:00 PM | LANE SWIM (4 lanes) FAMILY SWIM (2 lanes) 12:45 PM – 3:00 PM | LANE SWIM (4 lanes) FAMILY SWIM (2 lanes) 12:45 PM – 3:00 PM | |
| | LANE SWIM (6 lanes) 3:00 PM – 7:00 PM | LANE SWIM (6 lanes) 3:00 PM – 7:00 PM | LANE SWIM (6 lanes) 3:00 PM – 7:00 PM | LANE SWIM (6 lanes) 3:00 PM – 8:00 PM | LANE SWIM (6 lanes) 3:00 PM – 7:00 PM | |
| | LANE SWIM (6 lanes) 7:00 – 9:45 PM | LANE SWIM (5 lanes) 7:00 – 7:45 PM AQUA FIT (1 lane) 7:00 – 7:45 PM LANE Swim (6 lanes) 7:45 PM – 9:45 PM | LANE SWIM (6 lanes) 8:00 – 9:45 PM | LANE SWIM (6 lanes) 7:00 – 9:45 PM | LANE SWIM (6 lanes) 3:00 PM – 9:45 PM | |

Pools and pool deck area close at 9:45 PM M-F, 4:45 PM Sat., & 4:45 PM Sun.
 Individual swimming, water walking, and shared circle swimming per lane designations.
 Schedule subject to change. For more information please call (716) 434-8887