

POOL SCHEDULE FALL 2025 (SEPTEMBER 8 - NOVEMBER 30)

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
Lanes-->	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
5:00-5:30																																					5:00-5:30					
5:30-6:00																																					5:30-6:00					
6:00-6:30																																					6:00-6:30					
6:30-7:00																																					6:30-7:00					
7:00-7:30																																					7:00-7:30					
7:30-8:00																																					7:30-8:00					
8:00-8:30	U.S. Navy																								Lessons						Lessons						8:00-8:30					
8:30-9:00																																					8:30-9:00					
9:00-9:30																																					9:00-9:30					
9:30-10:00																																					9:30-10:00					
10:00-10:30																																					10:00-10:30					
10:30-11:00																																					10:30-11:00					
11:00-11:30																									Lessons						Family Swim						11:00-11:30					
11:30-12:00																																					11:30-12:00					
12:00-12:30																																					12:00-12:30					
12:30-1:00																																					12:30-1:00					
1:00-1:30																																					1:00-1:30					
1:30-2:00																																					1:30-2:00					
2:00-2:30																									Pool Party						Family Swim						2:00-2:30					
2:30-3:00																																					2:30-3:00					
3:00-3:30																																					3:00-3:30					
3:30-4:00																																					3:30-4:00					
4:00-4:30																																					4:00-4:30					
4:30-5:00																																					4:30-5:00					
5:00-5:30	MDY Sharks						Lessons						MDY Sharks						Lessons						MDY Sharks												5:00-5:30					
5:30-6:00																																					5:30-6:00					
6:00-6:30																																					6:00-6:30					
6:30-7:00																																					6:30-7:00					
7:00-7:30																																					7:00-7:30					
7:30-8:00																																					7:30-8:00					
8:00-8:30																																					8:00-8:30					
8:30-9:00																																					8:30-9:00					
9:00-9:30pm																																					9:00-9:30pm					
Lanes-->	1	2	3	4	5	6	Schedule subject to change																		1	2	3	4	5	6												

Grey Areas are Adult Lap Swim

For teens and adult members, 16 yrs and older, who are continuously swimming laps.

Youth Lane: For teens, 13 years and older who are continuously swimming laps.

Family Swim – Children 10 yrs and younger and non-swimmers wearing life vests must have an adult, 18 yrs or older, in the water within arm's reach at all times. Children 9-12 years old must be accompanied by an adult in the pool area (viewing deck). Anyone 17 and younger will be swim tested in order to enter the deep end.

*** For any activities in the pool must be reserved on our "My Wellness" app or the kiosk in our Wellness center***