POOL SCHEDULE - WINTER 2026
(JANUARY - MARCH)

Lanes->	MONDAY 1	2	3	4	5	6	TUESDAY 1	2	3	4	5	6	WEDNESDAY 1	2	3	4	5	6	THURSDAY 1	2	3	4	5	6	FRIDAY 1	2	3	4	5	6	SATURDAY 1	2	3	4	5	6	SUNDAY 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											Aquasize (Charles)						Aquasize (Charles)												Aquasize (Charles)														8:00-8:30
8:30-9:00																															Lessons						Lessons						8:30-9:00
9:00-9:30	U.S. Navy												U.S. Navy																														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																																									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																																			Pool Party						Pool Party		1:00-1:30
1:30-2:00																																											1:30-2:00
2:00-2:30																																			Family Swim						Family Swim		2:00-2:30
2:30-3:00																																											2:30-3:00
3:00-3:30																															Special Olympics (Ends June 1st)												3:00-3:30
3:30-4:00																																											3:30-4:00
4:00-4:30					Lessons						Lessons						Lessons						Lessons						Family Swim														4:00-4:30
4:30-5:00	MDY Sharks						MDY Sharks						MDY Sharks						MDY Sharks						MDY Sharks																		4:30-5:00
5:00-5:30																																											5:00-5:30
5:30-6:00																																											5:30-6:00
6:00-6:30																													Family Swim														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											Aqua Zumba																																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	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	

Schedule subject to change

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 continuosly 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 (vewing deck). Anyone 17 and younger will be swim tested in order to enter the deep end.

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