

POOL SCHEDULE (April - June 2026)

Lanes->	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	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	U.S. Navy												U.S. Navy																								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	8:00-8:30				
8:30-9:00																																					Aquasize	8:30-9:00				
9:00-9:30																																					Aquasize	9:00-9:30				
9:30-10:00																																					Lessons	9:30-10:00				
10:00-10:30	Lessons	10:00-10:30																																								
10:30-11:00	Lessons	10:30-11:00																																								
11:00-11:30	Family Swim	11:00-11:30																																								
11:30-12:00	Family Swim	11:30-12:00																																								
12:00-12:30	Pool Party	12:00-12:30																																								
12:30-1:00	Pool Party	12:30-1:00																																								
1:00-1:30	FS (Ends @2:45pm)	1:00-1:30																																								
1:30-2:00	FS (Ends @2:45pm)	1:30-2:00																																								
2:00-2:30	FS (Ends @2:45pm)	2:00-2:30																																								
2:30-3:00	FS (Ends @2:45pm)	2:30-3:00																																								
3:00-3:30	Special Olympics	3:00-3:30																																								
3:30-4:00	Special Olympics	3:30-4:00																																								
4:00-4:30	Family Swim	4:00-4:30																																								
4:30-5:00	Family Swim	4:30-5:00																																								
5:00-5:30	MDY Sharks	5:00-5:30																																								
5:30-6:00	MDY Sharks	5:30-6:00																																								
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8:30-9:00	MDY Sharks	8:30-9:00																																								
9:00-9:30pm	MDY Sharks	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 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*