

AQUATICS SCHEDULE



EFFECTIVE 1.23.2026

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM						Club Closed	Club Closed
6:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7:00 AM		Open Swim	Open Swim	Open Swim	Open Swim		
8:00 AM						Open Swim	Open Swim
9:00 AM		Water In Motion	Aqua Energize	Aqua Tune-Up			
10:00 AM		Open Swim		Open Swim			
11:00 AM	Physical Therapy (patients only)	Physical Therapy (patients only)	Open Swim	Physical Therapy (patients only)	Physical Therapy (patients only)	Private Lessons	Private Lessons
12:00 PM			Open Swim				
1:00 PM	Open Swim	Physical Therapy (patients only)		Physical Therapy (patients only)	Open Swim		
2:00 PM		Open Swim					
3:00 PM	Private Lessons					Open Swim	Open Swim
4:00 PM		Private Lessons	Private Lessons	Private Lessons	Private Lessons		
5:00 PM							
6:00 PM					Open Swim		
7:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Club Closed	Club Closed	Club Closed
8:00 PM							

*OPEN SWIM IS NOT PERMITTED DURING PRIVATE SWIM LESSONS.