

AQUATICS SCHEDULE



EFFECTIVE 1.23.2026

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

***OPEN SWIM IS NOT PERMITTED DURING PRIVATE SWIM LESSONS.**