

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------------------|--------------------|--------------------|--------------------|--------------------|----------|----------------------|
| 5:00 AM | | | | | | | |
| 5:30 AM | | | | | | | |
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | Aqua Power | | Aqua Power | | |
| 9:00 AM | | Aqua Power | | Aqua Power | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | Family Swim 1p-4p |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | Aqua Zumba | | Aqua Zumba | Aqua Power | Swim Team Practice | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | Swim Team Practice | Swim Team Practice | Swim Team Practice | Swim Team Practice | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |

Schedule is subject to change without notice. Lap swimmers are encouraged to share lanes during busy times. Group swim lessons may use 2 lanes in the fitness pool or potentially flex down to one lane and use the therapy pool. Private swim lessons may use one swim lane. Please share space with all patrons. Thank you