MARCH 2026

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2**	**3**	**4**	**5**	**6**	**7**
Therapy Pool 12:30 PM – 4:00 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 11:00 AM / 4:00 PM – 5:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:00 PM	**Therapy Pool** 8:30 AM – 12:00 PM
Lap Lanes 12:30 PM – 4:00 PM	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 5 PM / 5:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 8 PM	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 5 PM / 5:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 6 PM (2 lanes) / 6:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 12:00 PM / 3:30 PM – 4:00 PM / 4:00 PM – 6:00 PM (1 lane)	**Lap Lanes** 8:30 AM – 12:00 PM
Open Swim 12:30 AM – 4:00 PM	**Open Swim** 5:30 AM – 8:00 AM / 10:30 AM – 1:00 PM / 3:30 AM – 5:00 PM	**Open Swim** 5:30 AM – 9:30 AM / 10:30 AM – 1:00 PM / 3:30 AM – 8:00 PM	**Open Swim** 5:30 AM – 8:00 AM / 10:30 AM – 1:00 PM / 3:30 – 5:00 PM	**Open Swim** 5:30 AM – 9:30 AM / 10:30 AM – 1:00 PM / 3:30 PM – 6:00 PM	**Open Swim** 7:00 AM – 9:30 AM / 10:30 AM – 12:00 PM / 3:30 PM – 4:00 PM	**Open Swim** 8:30 AM – 4:00 PM
8	**9**	**10**	**11**	**12**	**13**	**14**
Therapy Pool 12:30 PM – 4:00 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 11:00 AM / 4:00 PM – 5:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:00 PM	**Therapy Pool** 8:30 AM – 12:00 PM
Lap Lanes 12:30 PM – 4:00 PM	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 5 PM / 5:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 8 PM	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 5 PM / 5:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 1:00 PM / 3:30 PM – 6 PM (2 lanes) / 6:00 PM – 8:00 PM (1 lane)	**Lap Lanes** 5:30 AM – 12:00 PM / 3:30 PM – 4:00 PM / 4:00 PM – 6:00 PM (1 lane)	**Lap Lanes** 8:30 AM – 12:00 PM
Open Swim 12:30 AM – 4:00 PM	**Open Swim** 5:30 AM – 8:00 AM / 10:30 AM – 1:00 PM / 3:30 AM – 5:00 PM	**Open Swim** 5:30 AM – 9:30 AM / 10:30 AM – 1:00 PM / 3:30 AM – 8:00 PM	**Open Swim** 5:30 AM – 8:00 AM / 10:30 AM – 1:00 PM / 3:30 – 5:00 PM	**Open Swim** 5:30 AM – 9:30 AM / 10:30 AM – 1:00 PM / 3:30 PM – 6:00 PM	**Open Swim** 7:00 AM – 9:30 AM / 10:30 AM – 12:00 PM / 3:30 PM – 4:00 PM	**Open Swim** 8:30 AM – 4:00 PM
15	**16**	**17**	**18**	**19**	**20**	**21**
Therapy Pool 12:30 PM – 4:00 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 11:00 AM / 4:00 PM – 5:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 4:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:00 PM	**Therapy Pool** 8:30 AM – 12:00 PM
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Open Swim 12:30 AM – 4:00 PM	**Open Swim** 5:30 AM – 7:30 AM / 10:45 AM – 1:00 PM / 3:30 PM – 8:00 PM	**Open Swim** 5:30 AM – 8:30 AM / 10:45 AM – 1:00 PM / 3:30 – 8:00 PM	**Open Swim** 5:30 AM – 8:00 AM / 10:30 AM – 1:00 PM / 3:30 PM – 8:00 PM	**Open Swim** 5:30 AM – 8:30 AM / 10:45 AM – 1:00 PM / 3:30 – 8:00 PM	**Open Swim** 7:00 AM – 8:30 AM / 10:45 AM – 12:00 PM / 3:30 PM – 6:00 PM	**Open Swim** 8:30 AM – 4:00 PM
22	**23**	**24**	**25**	**26**	**27**	**28**
Therapy Pool 12:30 PM – 4:00 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 11:00 AM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:30 PM	**Therapy Pool** 5:30 AM – 12:00 PM / 4:00 PM – 6:00 PM	**Therapy Pool** 8:30 AM – 12:00 PM
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29	**30**	**31**				
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Aquatics

March

Weekly Schedule

Day	Time	Activity	Location
Monday	8 AM – 9:00 AM	Water Aerobics (excluding the days below)	Lap Pool
	7:30 AM – 8:15 AM	Water Aerobics (the 16th & 23rd only)	Lap Pool
	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	9:45 AM – 10:45 AM	Water Aerobics (the 16th & 23rd only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
	5:00 – 8:00 PM	Wavemakers (till 2/9)	Lap Pool
Tuesday	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	9:45 AM – 10:45 AM	Water Aerobics (the 17th & 24th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
	4:30 PM – 6:30 PM	Swim Lessons	Lap & Therapy Pool
Wednesday	8 AM – 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM – 10:30 AM	Water Aerobics	Lap Pool
	11 AM – 12 PM	Homeschool Open Swim	Lap Pool
	5:30 PM – 6:30 PM	Swim Lessons	Therapy Pool
	5 – 8 PM	Wavemakers (till 2/11)	Lap Pool
Thursday	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	9:45 AM – 10:45 AM	Water Aerobics (the 19th & 26th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
	4:30 PM – 6:30 PM	Swim Lessons	Lap & Therapy Pool
	6:00 PM – 8 PM	Wavemakers (till 2/12)	Lap Pool
Friday	8 AM – 9:00 AM	Water Aerobics (excluding the days below)	Lap Pool
	7:30 AM – 8:15 AM	Water Aerobics (the 20th & 27th only)	Lap Pool
	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	9:45 AM – 10:45 AM	Water Aerobics (the 20th & 27th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
	4 – 5:30 PM	Wavemakers (till 2/13)	Lap Pool
Saturday			

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Aerobics
Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming required.

Water Walking
Water walking uses the natural resistance and buoyancy of water against your body to provide e a low impact workout. No swimming required.