

APRIL 2026

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

AQUATICS



Aquatics

April

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	7:30 AM – 8:15 AM	Water Aerobics (excluding the days below)	Lap Pool
	8 AM – 9:00 AM	Water Aerobics (the 13th, 20th & 27th)	Lap Pool
	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	9:45 AM – 10:45 AM	Water Aerobics (13th & 20th only)	Lap Pool
	10:15 AM – 11:15 AM	Water Aerobics (27th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
	12 PM – 1 PM	Water Walking & Tread (27th only)	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 14th & 21st only)	Lap Pool
	10:15 AM – 11:15 AM	Water Aerobics (28th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread (12-1PM on the 28th only)	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
Thursday	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
	10:15 AM – 11:15 AM	Water Aerobics (30th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread (12-1PM on the 30th only)	Lap Pool
	4:30 PM – 6:30 PM	Swim Lessons	Lap & Therapy Pool
Friday	8 AM – 9:00 AM	Water Aerobics (excluding the days below)	Lap Pool
	7:30 AM – 8:15 AM	Water Aerobics (the 17th & 24th 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 17th & 24th only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
Saturday	9:00 AM – 11:00 AM	Swim Lessons	Lap & Therapy Pool

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 a low impact workout. No swimming required.