

MAY 2026

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



Aquatics

May

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) | |
| | 8 AM – 9:00 AM | Water Aerobics (May 4th only) | |
| | 9:30 AM – 10:30 AM | Water Aerobics (excluding the days below) | |
| | 10:15 AM – 11:15 AM | Water Aerobics (May 4th only) | |
| | 11 AM – 12 PM | Water Walking & Tread | |
| | 12 PM – 1 PM | Water Walking & Tread (May 4th only) | |
| Tuesday | 9:30 AM – 10:30 AM | Water Aerobics (excluding the days below) | |
| | 10:15 AM – 11:15 AM | Water Aerobics (May 5th only) | |
| | 4:30 PM – 6:30 PM | Swim Lessons | |
| | 5:00 PM – 6:30 PM | Swim Team | |
| 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 |
| | 10:15 AM – 11:15 AM | Water Aerobics (May 7th Only) | Lap Pool |
| | 11 AM – 12 PM | Water Walking & Tread (excluding May 7th) | 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 (May 8th only) | Lap Pool |
| | 9:30 AM – 10:30 AM | Water Aerobics (excluding the days below) | Lap Pool |
| | 10:15 AM – 11:15 AM | Water Aerobics (May 8th 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.