

# 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 - 1:00 PM 4:00 PM - 6:30 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 4:30 PM	Therapy Pool 7:00 AM - 1:00 AM 4:00 PM - 5:30 PM	Therapy Pool 7:00 AM - 1:00 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 - 1:00 PM 4:00 PM - 6:30 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 4:30 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 5:30 PM	Therapy Pool 7:00 AM - 1:00 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 - 1:00 PM 4:00 PM - 6:30 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 4:30 PM	Therapy Pool 7:00 AM - 1:00 AM 4:00 PM - 7:00 PM	Therapy Pool 7:00 AM - 1:00 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 11:00 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 - 1:00 PM 4:00 PM - 7:00 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 7:00 PM	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 7:00 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
<b>Monday</b>	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)	
<b>Tuesday</b>	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	
<b>Wednesday</b>	8 AM – 9:00 AM	Water Aerobics	Lap Pool
	9:00 AM – 10:00 AM	Water Aerobics (May 20th only)	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
<b>Thursday</b>	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
<b>Friday</b>	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
<b>Saturday</b>	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.