

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
August 26'						Therapy Pool 8:30 AM - 12:00 PM
						Lap Lanes 10:00 AM - 4:00 PM
						Open Swim 10:00 AM - 4:00 PM
2	3	4	5	6	7	8
	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 - 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 8:30 AM - 12:00 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 - 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 - 7:00 PM	Lap Lanes 5:30 AM - 12:00 PM 3:30 PM - 6:00 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 PM - 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 - 8:00 AM 10:30 AM - 1:00 PM 3:30 PM - 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 - 8:00 AM 10:30 AM - 12:00 PM 3:30 PM - 7:00 PM	Open Swim 8:30 AM - 4:00 PM
9	10	11	12	13	14	15
CLOSED FOR ANNUAL MAINTENANCE (BOTH POOLS & SAUNA)						
16	17	18	19	20	21	22
	Therapy Pool CLOSED FOR MAINTENANCE	Therapy Pool CLOSED FOR MAINTENANCE	Therapy Pool CLOSED FOR MAINTENANCE	Therapy Pool CLOSED FOR MAINTENANCE	Therapy Pool CLOSED FOR MAINTENANCE	Therapy Pool CLOSED FOR MAINTENANCE
	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 - 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 - 7:00 PM	Lap Lanes 5:30 AM - 12:00 PM 3:30 PM - 6:00 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 PM - 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 - 8:00 AM 10:30 AM - 1:00 PM 3:30 PM - 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 - 8:00 AM 10:30 AM - 12:00 PM 3:30 PM - 7:00 PM	Open Swim 8:30 AM - 4:00 PM
23	24	25	26	27	28	29
	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 - 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 8:30 AM - 12:00 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 - 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 - 7:00 PM	Lap Lanes 5:30 AM - 12:00 PM 3:30 PM - 6:00 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 PM - 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 - 8:00 AM 10:30 AM - 1:00 PM 3:30 PM - 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 - 8:00 AM 10:30 AM - 12:00 PM 3:30 PM - 7:00 PM	Open Swim 8:30 AM - 4:00 PM
30	31					
	Therapy Pool 7:00 AM - 1:00 PM 4:00 PM - 7:00 PM					
	Lap Lanes 5:30 AM - 1:00 PM 3:30 PM - 7:00 PM					
	Open Swim 5:30 AM - 8:00 AM 10:30 AM - 1:00 PM 3:30 PM - 7:00 PM					



Aquatics

August 2026

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	8:00 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
Tuesday	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
Wednesday	8:00 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
Thursday	9:30 AM - 10:30 AM	Water Aerobics (No class 7/2)	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
Friday	8:00 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap 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.