# SEPTEMBER 29, 2025 – OCTOBER 5, 2025

#### **MONDAY, SEPTEMBER 29**

2<sup>nd</sup> Grade Learn to Swim in the Rec Pool 1030am - 1pm

#### **Rec Pool**

#### **Training Pool**

Water Fitness 745-845am	Lap Swim 7' Deep Lanes (SCY	<u>)</u>
845-945am 530-630pm Lap Swim & Water Walking Time Lanes 6 - 745am 4	7 - 8am 98 8am - 4pm 1 4 - 430pm 6 4 - 730pm 9	es 4 9 1 6 0
745 - 10am 2 10 - 1pm 0 1 - 3pm 2 3 - 4pm 3 4 - 5pm 4 5 - 530pm 3 530 - 630pm 1 630 - 7pm 3	4' Deep Lanes     (SCY Time)       530 -7am     4       7am - 2pm     8       2 - 3pm     6       3 - 4pm     8       4 - 430     6	<u>')</u>
Senior Open Swim 9am-10am	430 - opin	ı
Family Swim 1-3pm	Senior Open Swin	n

#### WEDNESDAY, OCTOBER 1

2<sup>nd</sup> Grade Learn to Swim in the Rec Pool 1030am - 1pm

#### Rec Pool

#### Training Pool

9am-12pm

Water Fitness 745-845am 845-945am	Lap Swim  7' Deep Lanes (SCY)  530 - 7am  4
530-630pm  Lap Swim & Water Walking Time Lanes 6 - 745am 4 745 - 10am 2 10 - 1pm 0 1 - 3pm 2 3 - 4pm 3 4 - 5pm 4 5 - 530pm 3 530 - 630pm 1 630 - 7pm 3  Senior Open Swim 9am-10am	7 - 745 am 9 745am - 4pm 11 4 - 430pm 10 430 - 5pm 9 5 - 530pm 5 6 - 630pm 7 630 - 730pm 8 730 - 8pm 11 4' Deep Lanes (SCY) 530 - 7am 4 7am - 2pm 8 2 - 3pm 6 3 - 430pm 8 430 - 5pm 3 5 - 6pm 1 6 - 7pm 6 7 - 8pm 1
Family Swim 1-3pm	Senior Open Swim 9am-12am

#### **TUESDAY, SEPTEMBER 30**

2<sup>nd</sup> Grade Learn to Swim in the Rec Pool 1030am - 1pm

1030am - 1pm				
Rec Pool		Training P	<b>Training Pool</b>	
Water Fitnes	S			
745-845am		Lap Swin	Lan Swim	
845-945am		7' Deep Lanes		
530-615pm		Time	Lanes	
615-7pm		530 - 6am	7	
		6 - 7am	1	
Lap Swim & W	ater	7 - 730am	5	
Walking		730 - 9am	11	
<u>Time</u> La	anes	9 - 10am	10	
6 - 7am	2	10 - 430pm	11	
7 - 745am	4	430 - 8pm	0	
745 - 10am	2	4' Deep Lanes	(SCY)	
10 - 1pm	0	<u>Time</u>	<u>Lanes</u>	
1 - 3pm	2	530 - 730am	3	
3 - 330pm	4	730-8am	7	
330 - 530pm	3	8am - 12pm	8	
530 - 7pm	1	12 - 130pm	7	
		130 - 4pm	8	
Senior Open S	wim	4 - 5pm	3	
9am-12pm	•••••	5 - 630pm	1	
Julii 12pili		630 - 730pm	4	
Family Swin	2	730pm – 8pm	8	
1-3pm	I	Deep Water F	itness	
5 10 11		9am-10am	1	

Reach One Veteran 6-7am

Senior Open Swim

9am-12pm

### **THURSDAY, OCTOBER 2**

2<sup>nd</sup> Grade Learn to Swim in the Rec Pool 1030am - 1pm

#### **Rec Pool**

Reach One Veteran 6-7am

#### **Training Pool**

Water Fitness	Lap Swim
745-845am	7' Deep Lanes (SCY)
845-945am	Time Lanes
530-615pm	530 - 6am 7
615-7pm	6 - 7am 1
	7 - 730am 5
Lap Swim & Water	730 - 430pm 11
Walking	430 - 8pm 0
Time Lanes	4' Deep Lanes (SCY)
6 - 7am 2	Time Lanes
7 - 745am 4	530 - 730am 3
745 - 10am 2	730-8am 7
10am - 1pm 0	8am - 12pm 8
1 - 3pm 2	12 - 130pm 7
3 - 330pm 4	•
330 - 530pm 3	130 - 4pm 8
530 -7pm 1	4 - 5pm 3
	5 - 630pm 1
Family Swim	630 - 730pm 4
1-3pm	730 - 8pm 8
- 1	Senior Open Swim
Senior Open Swim	9am-12pm
9am-10am	·

#### FRIDAY, OCTOBER 3

### 2<sup>nd</sup> Grade Learn to Swim in the Rec Pool 1030am - 1pm

#### **Rec Pool**

#### **Training Pool**

#### Water Fitness 745-845am

845-930am

## Lap Swim & Water Walking

**Time** Lanes 6 - 745am 4 745 - 930am 2 930 -10am 10 - 1pm 0 1 - 3pm 4 3 - 620pm 0

#### Senior Open Swim 9am-1030pm

Family Swim 1-3pm

# Lap Swim

<b>=</b> ap <b>0</b>		
7' Deep Lanes	(SCY)	
<u>Time</u>	Lanes	
530 -7am	4	
7 - 730am	7	
730 - 4pm	11	
4 - 530pm	8	
530 - 630pm	2	
630 - 8pm	4	
4' Deep Lanes	(SCY)	
<u>Time</u>	<u>Lanes</u>	
530 - 7am	4	
7am - 8pm	8	

### Senior Open Swim 9am-12pm

#### **SATURDAY, OCTOBER 4**

#### **Rec Pool**

Water Fitness 915-10am 10-1045am

#### Lap Swim & Water Walking

Time **Lanes** 7 - 8am 8 - 915am 3 915 - 1045am 1 1045am - 1pm 3 1 - 3pm

#### Family Swim 1-3pm

# **Training Pool**

#### Lap Swim

7' Deep Lanes	(SCY)
<u>Time</u>	Lanes
7 -9am	1
9 - 9:30am	8
9:30 - 11am	7
11am - 12pm	8
12 -2pm	7
2 - 5pm	11

#### 4' Deep Lanes (SCY) <u>Time</u> Lanes 7 - 8am 8 8 -10am 3 10am - 12pm 8 12 - 2pm 7

2 - 230pm 4 230 - 3pm 5 3 - 5pm 8

#### **SUNDAY, OCTOBER 5 CLOSED**