

JUNE 29, 2026 – JULY 05, 2026

MONDAY, JUNE 29

Rec Pool

Water Fitness

745 - 845am
845 - 945am
530-630pm

Lap Swim & Water

Walking

Time	Lanes
6 - 745am	4
745 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 4pm	4
4 - 530pm	3
530 - 615pm	1
615 - 7pm	4

Senior Open Swim

9am-10am

Family Swim

1-3pm

Training Pool

Lap Swim

50-meter Lanes (LCM)

Time	Lanes
6 - 730am	5
730 - 830am	7
830am - 4pm	8
4 - 5pm	3
5 - 530pm	4
530 - 6pm	8
6 - 7pm	6

25-meter Lanes (SCM)

Time	Lanes
6 - 9am	2
9 - 10am	0
10am - 3pm	2
3 - 4pm	0
4 - 7pm	2

TUESDAY, JUNE 30

Rec Pool

Water Fitness

745-830am
830-930am
530-615pm
615-7pm

Lap Swim & Water

Walking

Time	Lanes
6 - 7am	2
7 - 745am	4
745 - 9:30am	2
930am - 12pm	3
12 - 330pm	4
330 - 430pm	3
430 - 530pm	2
530 - 6pm	1
6 - 7pm	3

Senior Open Swim

9am-10am

Family Swim

1-3pm

Reach One Veteran

6-7am

Training Pool

Lap Swim

50-meter Lanes (LCM)

Time	Lanes
6 - 730sm	6
730am - 12pm	8
12 - 1pm	7
1 - 4pm	8
4 - 6pm	7
6 - 7pm	6

25-meter Lanes (SCM)

Time	Lanes
6am - 4pm	2
4 - 430pm	1
430 - 7pm	2

WEDNESDAY, JULY 1

The Training Pool will be flipped to SCY after morning practice. During the flip, the competition pool will be open for lap swimming.

Rec Pool

Water Fitness

745-845am
845-945am
530-630pm

Lap Swim & Water

Walking

Time	Lanes
6 - 745am	4
745 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 1pm	4
1-145pm	2
145 - 530pm	4
530 - 615pm	1
615 - 7pm	4

Training Pool

Lap Swim

50-meter Lanes (LCM)

Time	Lanes
6 - 730am	5
730 - 830am	7

THURSDAY, JULY 2

Rec Pool

Water Fitness

745-830am
830-930am
530-615pm
615-7PM

Lap Swim & Water

Walking

Time	Lanes
6 - 7am	2
7 - 745am	4
745 - 930am	2
930am - 12pm	3
12 - 330pm	4
330 - 430pm	3
430 - 530pm	2
530 - 6pm	1
6 - 7pm	3

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
6 - 730am	7
730 - 9am	11
9 - 10am	10
10am - 4pm	11
4 - 5pm	9
5 - 6pm	11
6 - 7pm	7

Senior Open Swim

9am-10am

Family Swim

1-3pm

Senior Open Swim

9am-12pm

Deep Water Fitness

9am-10am

FRIDAY, JULY 3

Rec Pool

Water Fitness

745-845am
845-930am

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6 - 730am	4
745 - 930am	2
930am -2pm	4
2 - 3pm	3
3 - 620pm	0

Senior Open Swim
9am-10am

Family Swim
1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

6 - 730am	5
730am - 12pm	11
12 - 1pm	8
1 - 3pm	11
3 - 4pm	5
4 - 430pm	3
430 - 5pm	9
5 - 7pm	11
<u>4' Deep Lanes (SCY)</u>	
6 - 630am	8
630 - 8am	7
8am - 7pm	8

Senior Open Swim
9am-12pm

SATURDAY, JULY 4

CLOSED
4TH OF JULY

SUNDAY, JULY 5

Rec Pool

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
10am - 5pm	3

Family Swim
10-5pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

10am - 5pm	11
<u>4' Deep Lanes (SCY)</u>	
10am - 5pm	8