

JULY 20, 2026 – JULY 26, 2026

MONDAY, JULY 20

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 - 2pm	2
2 - 4pm	4
4pm - 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)

6 - 730am	5
730 - 830am	7
830am - 12pm	8
12 - 1pm	7
1 - 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 - 4pm	2
4 - 6pm	1
6 - 7pm	2

Senior Open Swim

9am-12pm

Deep Water Fitness

9am-10am

TUESDAY, JULY 21

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 - 3:15pm	4
315-430pm	3
430 - 530pm	2
530 - 7pm	1

Senior Open Swim

9am-10am

Family Swim

1-3pm

Reach One Veteran

6-7am

Training Pool

Lap Swim

50 Meter Lanes (LCM)

6 - 730am	5
730 - 8am	6
8am - 12pm	8
12 - 1pm	7
1 - 4pm	8
4 - 6pm	7
6 - 7pm	6

25 Meter Lanes (SCM)

Time	Lanes
6 - 9am	2
9 - 10am	0
10am - 4pm	2
4 - 6pm	1
6 - 7pm	2

Senior Open Swim

9am-12pm

Deep Water Fitness

9am-10am

WEDNESDAY, JULY 22

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

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

50 Meter Lanes (LCM)

Time	Lanes
6 - 730am	4
730 - 830am	6
830 - 10am	8
10 - 1pm	7
1 - 4pm	8
4 - 530pm	3
530 - 7pm	8

25 Meter Lanes (SCM)

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

Senior Open Swim

9am-12pm

THURSDAY, JULY 23

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 - 1pm	4
1-2pm	2
2-330pm	4
330 - 430pm	3
430 - 530pm	2
530 - 7pm	1

Senior Open Swim

9am-10am

Family Swim

1-3pm

Training Pool

Lap Swim

50 Meter Lanes (LCM)

Time	Lanes
6 - 730am	5
730 - 8am	7
8am - 12pm	8
12 - 1pm	7
1 - 4pm	8
4 - 6pm	7
6 - 7pm	5

25 Meter Lanes (SCM)

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

Senior Open Swim

9am-12pm

FRIDAY, JULY 24

Rec Pool

Water Fitness

745-845am
845-930am

Lap Swim & Water Walking

Time	Lanes
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

50 Meter Lanes (LCM)

Time	Lanes
6 - 730am	5
730 - 8am	7
8am - 12pm	8
12 - 1pm	7
1 - 7pm	8

25 Meter Lanes (SCM)

Time	Lanes
6am - 12pm	2
12 - 1pm	0
1 - 4pm	2
4 - 6pm	1
6 - 7pm	2

Senior Open Swim

9am-12pm

Deep Water Fitness

12pm-1pm

SATURDAY, JULY 25

Rec Pool

Water Fitness

915-10am
10-1045am

Lap Swim & Water Walking

Time	Lanes
7 - 815am	4
815 - 915am	3
915 - 1045am	1
1045am - 1pm	3
1-3pm	0
3-5pm	3

Senior Open Swim

9am-10am

Family Swim

1-5pm

Training Pool

Lap Swim

50 Meter Lanes (LCM)

Time	Lanes
7 - 11am	8
11 - 1230pm	7
1230 - 2pm	6
2 - 3pm	4
3 - 5pm	8

25 Meter Lanes (SCM)

Time	Lanes
7 - 9am	2
9am - 12pm	1
12 - 5pm	2

SUNDAY, JULY 26

Rec Pool

Lap Swim & Water Walking

Time	Lanes
10am - 1pm	3
1-3pm	0
3-5pm	3

Family Swim

10-5pm

Training Pool

Lap Swim

50 Meter Lanes (LCM)

Time	Lanes
10am - 5pm	8

25 Meter Lanes (SCM)

Time	Lanes
10am - 5pm	2