

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
| 6:00 - 10:00 am Lap Swim (6) | 5:30 - 6:45 am Masters (6) | 5:30 - 7:00 am Lap Swim (4) Bluefish (2) | 5:30 - 6:45 am Masters (6) | 5:30 - 7:00 am Lap Swim (4) Bluefish (2) | 5:30 - 6:45 am Masters (6) | |
| 10:00 am - Noon Lap Swim (3) | 6:45 - 7:55 am Lap Swim (6) 8:00 - 9:00 am Water Works (6) | 7:00 - 9:00 am Lap Swim (6) | 6:45 - 7:55 am Lap Swim (6) 8:00 - 9:00 am Water Works (6) | 7:00 - 9:00 am Lap Swim (6) | 6:45 - 7:55 am Lap Swim (6) 8:00 - 9:00 am Water Works (6) | 6:30 - 9:00 am Bluefish (6) |
| 10:00 - 11:00 am Pace,Race,Chase (3) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 11:30 am Swim Lessons (6) |
| 11:00 - Noon Pace,Race,Chase (3) | 10:00 - 11:30 am Lap Swim (4) Swim Lessons (2) | 10:00 - 11:30 am Lap Swim (4) Open Swim (2) | 10:00 - 11:30 am Lap Swim (4) Cape Care Lessons (2) | 10:00 - Noon Lap Swim (4) Swim Lessons (2) | 10:00 - 11:30 am Lap Swim (4) Open Swim (2) | |
| Noon - 1:00 pm Open Swim (6) | 11:30 - 2:30 pm Lap Swim (6) | 11:30 am - 1:00 pm Lap Swim (6) 1:00 - 2:00 pm Pace, Race, Chase (3) Lap Swim (3) 2:00 - 2:30 pm Lap Swim (6) | 11:30 am - 2:30 pm Lap Swim (6) | 12:00 - 2:30 pm Lap Swim (6) | 11:30 - 12:30 pm Pace,Race,Chase (3) Lap Swim (3) 12:30 - 2:30 pm Lap Swim (6) | 11:30 - 1:15 pm Lap Swim (6) 1:30 - 2:30 pm Open Swim w/ inflatable |
| 1:15 - 2:15 pm Rental | | | | | | |
| 2:15 - 3:15 pm Open Swim w/ inflatable | 4:00 - 5:30 pm Bluefish (6) | 3:00 - 4:15 pm Cape Cyclones (6) | 4:00 - 5:30 pm Bluefish (6) | 3:00 - 4:15 pm Cape Cyclones (6) | 4:00 - 5:30 pm Bluefish (6) | 2:45 - 3:45 pm Rental 3:45 - 4:45 pm Rental 5:00 - 6:00 pm Open Swim (6) |
| 3:30 - 5:30 pm Lap Swim (4) Water Polo 5:30 - 7:00 pm | | 4:15 - 5:30 pm Bluefish (6) | 5:30 - 7:00 pm Lap Swim (4-6) | 4:15 - 5:30 pm Bluefish (6) | | |
| | 5:30 - 7:00 pm Lap Swim (6) | 5:30 - 6:45 pm Lap Swim (3) Coast Endurance (3) 6:45 - 7:00 pm Lap Swim (6) 7:00 - 8:30 pm Bluefish (6) | 6:00 - 6:45 pm (1-2) Adult Lessons 7:00 - 9:30 pm Tube Polo | 5:30 - 6:45 pm Lap Swim (3) Coast Endurance (3) 6:45 - 7:00 pm Lap Swim (6) 7:00 - 8:30 pm Bluefish (6) | 5:30 - 7:00 pm Lap Swim (4) Open Swim (2) | |