

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------------|------------------------------------------------------------|
| 6:00 am - Noon Lap Swim (6) | 5:30 - 7:55 am Lap Swim (6) | 5:30 - 9:00 am Lap Swim (6) | 5:30 - 7:55 am Lap Swim (6) | 5:30 - 9:00 am Lap Swim (6) | 5:30 - 7:55 am Lap Swim (6) | |
| | | | | | | 7:00 am - 1:15 pm Lap Swim (6) |
| | 8:00 - 9:00 am Water Works (4) | | 8:00 - 9:00 am Water Works (4) | | 8:00 - 9:00 am Water Works (4) | |
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| | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | 9:00 - 10:00 am Senior Swim (6) | |
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| | 10:00 am - 2:30 pm Lap Swim (4-6) | 10:00 am - 2:15 pm Lap Swim (4-6) | 10:00 am - 2:30 pm Lap Swim (4-6) | 10:00 am - 2:15 pm Lap Swim (4-6) | 10:00 am - 2:30 pm Lap Swim (4-6) | |
| Noon - 1:00 pm Open Swim (6) | 10:00 am - Noon Open Swim (2) | 10:00 am - Noon Open Swim (2) | 10:00 am - Noon Open Swim (2) | 10:00 am - Noon Open Swim (2) | 10:00 am - Noon Open Swim (2) | |
| | | | | | | |
| 1:15 - 3:15 pm Extended Open Swim w/ inflatable | | | | | | 1:30 - 4:00 pm Extended Open Swim With Inflatable |
| | 2:30 - 4:00 pm Open swim (2) | 2:30 - 4:00 pm Open swim (6) With inflatable | 2:30 - 4:00 pm Open swim (2) | 2:30 - 4:00 pm Open swim (6) With inflatable | 2:30 - 4:00 pm Open swim (2) | |
| 3:30 - 5:30 pm Lap Swim (6) | 2:30 - 7:00 pm Lap Swim (4-6) | 4:15 - 7:00 pm Lap Swim (6) | 2:30 - 7:00 pm Lap Swim (4-6) | 4:15 - 7:00 pm Lap Swim (6) | 2:30 - 7:00 pm Lap Swim (4-6) | 4:30 - 6:00 pm Extended Open Swim (6) |
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| 5:30 - 7:00 pm Water Polo | | | | | | |
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