

UPDATED: March 28th, 2022

Senior

Monday Swim 6:00-8:15am (Colman)
Monday Dryland 2:15-3:00pm + Swim 3:00-4:30pm (WEST)
Tuesday Swim 6:00-8:00am (WEST)
Tuesday Dryland 2:15-3:00pm + Swim 3:00-4:30pm (WEST)
Wednesday Swim 8:00-10:30am (Colman)
Thursday Swim 6:00-8:00am (WEST)
Thursday Dryland 2:15-3:00pm + Swim 3:00-4:30pm (WEST)
Friday Swim 6:00-8:00am (WEST)
Saturday 8:00-10:00am (Colman)

Accelerate

Monday Swim 8:15-10:00am (Colman)
Monday Dryland 4:00-4:30pm + Swim 4:30-6:00pm (WEST)
Tuesday Dryland 4:00-4:30pm + Swim 4:30-6:00pm (WEST)
Wednesday Swim 6:00-7:30am (WEST)
Thursday Swim 8:00-9:00am (WEST)
Thursday Swim 7:00-9:30pm (Colman)
Friday Dryland 2:30-3:00pm + Swim 3:00-4:30pm (WEST)
Saturday 8:00-10:00am (WEST)

Challenge

Monday Swim 8:15-10:00am (Colman)
Tuesday Swim 8:00-9:30am, Dryland 9:30-10:00am (WEST)
Wednesday Swim 6:30-8:00am (WEST)
Thursday Swim 8:00-9:00am (WEST)
Thursday Swim 7:00-9:00pm (Colman)
Friday Dryland 4:00-4:30pm + Swim 4:30-6:00pm (WEST)
Saturday 8:00-10:00am (WEST)

Discover

Monday Dryland 1:30-2:00pm + Swim 2:00-3:00pm (WEST)
Tuesday Dryland 1:30-2:00pm + Swim 2:00-3:00pm (WEST)
Wednesday: 10:30am-12:00pm (Colman)
Thursday: Dryland 1:30-2:00pm + Swim 2:00-3:00pm (WEST)
Friday: Dryland 1:30-2:00pm + Swim 2:00-3:00pm (WEST)
Saturday: Swim 10:00-11:15am (WEST)

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Explore (WEST)

Monday Dryland 1:30-2:00pm + Swim 2:00-3:00pm
Tuesday OFF
Wednesday Dryland 1:30-2:00pm + Swim 2:00-3:00pm
Thursday OFF
Friday Dryland 1:30-2:00pm + Swim 2:00-3:00pm
Saturday Swim 11:15am-12:30pm

Embark (WEST)

Monday OFF
Tuesday Dryland 1:30-2:00pm + Swim 2:00-3:00pm
Wednesday OFF
Thursday Dryland 1:30-2:00pm + Swim 2:00-3:00pm
Friday OFF
Saturday Swim 12:30-1:45pm

Summer Team M/W/F (AM)

Monday, Wednesday, Friday 12:00-1:00pm

Summer Team M/W/F (PM)

Monday, Wednesday, Friday 6:00-7:00pm

Summer Team T/H/Sa (AM)

Tuesday, Thursday 12:00-1:00pm
Saturday 1:45-2:45pm

Summer Team T/H/Sa (PM)

Tuesday, Thursday 6:00-7:00pm
Saturday 2:45-3:45pm

Lap Swim:

Monday: 8:00am-12:00pm, 7:00-9:30pm
Tuesday: 8:00am-12:00pm, 7:00-9:30pm
Wednesday: 8:00am-12:00pm, 7:00-9:30pm
Thursday: 8:00am-12:00pm, 7:00-9:30pm
Friday: 8:00am-12:00pm, 7:00-9:30pm
Saturday: 4:00-7:00pm
Sunday: CLOSED

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Water Aerobics:

Monday, Wednesday, Friday: 8:00-9:00am

Swim Lessons

Monday-Friday: 9:00am-12:00pm, 3:00-6:00pm

Saturday: 10:00am-1:45pm