



2026 REGULAR SEASON

June 29 - August 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
8:00	Lesson 1	Masters	Lesson 1	Lesson 1	Masters	Lesson 1				
8:30	5-minute transition	5-minute transition	5-minute transition	5-minute transition						
8:35	Lesson 2	Lesson 2	Lesson 2	Lesson 2						
9:05	5-minute transition	5-minute transition	5-minute transition	5-minute transition						
9:10	Lesson 3	Lesson 3	Lesson 3	Lesson 3	POOL CLOSED	POOL CLOSED	POOL CLOSED			
9:40	5-minute transition	5-minute transition	5-minute transition	5-minute transition						
9:45	Lesson 4	Lesson 4	Lesson 4	Lesson 4						
10:15	5-minute transition	5-minute transition	5-minute transition	5-minute transition						
10:20	Lesson 5	Lesson 5	Lesson 5	Lesson 5						
10:50	5-minute transition	5-minute transition	5-minute transition	5-minute transition						
11:00	Aquafit / Adult Swim / Leaders / Diving	Aquafit / Adult Swim / Leaders / Waterpolo	Aquafit / Adult Swim / Leaders / Diving	Aquafit / Adult Swim / Leaders / Waterpolo					Adult Swim	Adult Swim
11:30										
12:00	Swim Team: 6&u, 8&u, 9-10 Synchro: 11&12, 13+	Swim Team: 6&u, 8&u, 9-10 Synchro: 11&12, 13+	Swim Team: 6&u, 8&u, 9-10/ Synchro: 11&12, 13+	Swim Team: 6&u, 8&u, 9-10 Synchro: 11&12, 13+				Diving / Waterpolo / Synchro (Solos&Duas)		
12:30										
13:00	Swim team: 11-12, 13+/ Synchro: 8&u, 9&10	Swim team: 11-12, 13+ Synchro: 8&u, 9&10	Swim team: 11-12, 13+ Synchro: 8&u, 9&10	Swim team: 11-12, 13+ Synchro: 8&u, 9&10	Swim Team (all ages) / Adult Swim / Synchro (Duets&Solos)					
13:30										
14:00	FREE SWIM	DAY CAMP	FREE SWIM	DAY CAMP	Lifesaving (Bronze Cross and Medallion)	FREE SWIM	FREE SWIM			
14:30										
15:00		Lifesaving (Bronze Cross and Medallion)		DAY CAMP (06-26, 07-10, 07-24, 08-07)						
15:30										
16:00										
16:30										
17:00										
17:30										
18:00										
18:30										
19:00	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim			
19:30										
20:00										
20:30										
21:00										