

Effective 10/20/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	10/20	10/21	10/22	10/23	10/24	10/25	10/26	
5:00	Laps		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			5:00
6:00								6:00
7:00								7:00
7:15								
7:30								
7:45								
8:00	Laps/Deep Water Fitness (lanes 1-2)	Laps	Break 7:15-	Laps	Break 7:15-	Laps		7:30
8:30								
8:45								
9:00								
9:15	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp/Aquacize (9:15 start)	Laps/Swim Lessons (lanes 1-2)		9:30
9:30								
10:00								
10:15								
11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons	CLOSED FOR TERROR ON THE BLOCKS	10:00
11:15								
11:30								
11:45								
Noon	Laps	Laps	Laps	Laps	BOGA Fit Express	Laps/Family		Noon
1:00								
1:30 PM								
1:45 PM								
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:00
2:30 PM								
2:45 PM								
3:00								
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:00
3:30								
3:45 PM								
4:00								
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			4:30
5:00								
5:45								
6:00								
6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team			6:30 PM
7:00								
7:30								
8:00								
8:30								8:00
9:00								

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Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

Children under 6 yrs old must be within arm's reach of supervising adult in the water. **Children 6-7** must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. **Children under 5' who cannot pass the deep-end test** must be accompanied by an adult within arm's reach in the water or wear a lifejacket.