



POOL SCHEDULE

SEPTEMBER 1, 2025 - APRIL 30, 2026

Pool Hours
Monday - Thursday | 5:45 AM - 8:30 PM
Friday | 5:45 AM - 7:30 PM
Saturday | 11:00 AM - 4:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday
WHS Swim Team 6:30 AM - 8:15 AM	WHS Swim Team 6:30 AM - 8:15 AM	WHS Swim Team 6:30 AM - 8:15 AM	WHS Swim Team 6:30 AM - 8:15 AM	WHS Swim Team 6:30 AM - 8:15 AM
Water Aerobics - Deep 8:30 AM - 9:30 AM	Water Aerobics - Deep 8:30 AM - 9:30 AM	Water Aerobics - Deep 8:30 AM - 9:30 AM	Water Aerobics - Deep 8:30 AM - 9:30 AM	Water Aerobics - Deep 8:30 AM - 9:30 AM
Water Aerobics - Deep 9:30 AM - 10:30 AM	Water Aerobics - Shallow 9:30 AM - 10:30 AM	Water Aerobics - Deep 9:30 AM - 10:30 AM	Water Aerobics - Shallow 9:30 AM - 10:30 AM	Water Aerobics - Shallow 9:30 AM - 10:30 AM
WJH Swim Team 3:00 PM - 4:15 PM	WJH Swim Team 3:00 PM - 4:15 PM	WJH Swim Team 3:00 PM - 4:15 PM	WJH Swim Team 3:00 PM - 4:15 PM	WJH Swim Team 3:00 PM - 4:15 PM
Tidal Wave Swim Team 4:30 PM - 6:30 PM	Tidal Wave Swim Team 5:00 PM - 6:30 PM	Tidal Wave Swim Team 4:30 PM - 6:30 PM	Tidal Wave Swim Team 5:00 PM - 6:30 PM	Tidal Wave Swim Team 4:30 PM - 6:00 PM
Water Volleyball - Sherry 7:00 PM - 8:00 PM	Water Aerobics - Shallow 5:30 PM - 6:20 PM		Water Aerobics - Shallow 5:30 PM - 6:20 PM Water Volleyball - Sherry 7:00 PM - 8:00 PM	

IMPORTANT: All classes are subject to change due to demand & participation. Also, for your safety, it is recommended you consult your physician prior to beginning any exercise program.

OPEN SWIM

Monday - Thursday	10:30 AM - 3:00 PM & 6:30 PM - 8:30 PM
Friday	10:30 AM - 3:00 PM & 5:30 PM - 7:30 PM
Saturday	11:00 AM - 4:00 PM

LAP SWIM TIMES

Monday - Thursday	5:45 AM - 6:30 AM All lanes open 6:30 AM - 8:15 AM All lanes closed 8:15 AM - 3:00 PM All lanes open 3:00 PM - 6:30 PM All lanes closed 6:30 PM - 8:30 PM All lanes open
Friday	5:45 AM - 6:30 AM All lanes open 6:30 AM - 8:15 AM All lanes closed 8:15 AM - 3:00 PM All lanes open 3:00 PM - 6:00 PM All lanes closed 6:00 PM - 7:30 PM All lanes open
Saturday	11:00 AM - 4:00 PM All lanes open