



POOL SCHEDULE

MAY 1 – MAY 31, 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
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.

The pool will be closed the week of May 18th – May 22nd for the bulkhead refurbishment project! All classes and programs will be canceled that week.

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 – 4:30 PM All lanes closed 4:30 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 – 4:30 PM All lanes closed 4:30 PM – 7:30 PM All lanes open
Saturday	11:00 AM – 4:00 PM All lanes open