

Shallow *Times are subject to Change*

July

2025

LCP= Long course swim practice. Hot tub and steam room open and, if available, some lanes can be used. WA= Water Aerobics SL= Swim Lessons OS= Open Swim/Family Swim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LCP=6:00-7:45 AM WA=8:00-10:00 AM OS=1:00-3:00 PM WA=5:45-6:45 PM	2 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	3 LCP=6:00-7:45 AM WA=8:00-10:00 AM OS=1:00-3:00 PM WA=5:45-6:45 PM	4 Closed	5 LCP=7:30-Close
6 CLOSED	7 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	8 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	9 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	10 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	11 Closed Swim Meet	12 Closed Swim Meet
13 Closed Swim Meet	14 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	15 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	16 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	17 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	18 Closed Swim Meet	19 Closed Swim Meet
20 Closed Swim Meet	21 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	22 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	23 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	24 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	25 LCP=6:00-7:45 AM WA=8:00-10:00 AM OS=1:00-3:00 PM LCP=4:00-Close	26 Closed Swim Meet
27 Closed Swim Meet	28 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM	29 LCP=6:00-7:45 AM WA=8:00-10:00 AM SL= 10:00-12:00 OS=1:00-3:00 PM WA=5:45-6:45 PM	30 LCP=6:00-7:45 AM WA=8:00-10:00 AM OS=1:00-3:00 PM	31 LCP=6:00-7:45 AM WA=8:00-10:00 AM OS=1:00-3:00 PM WA=5:45-6:45 PM		