

Indoor Pool Program List

Monday

- Masters Swimming 5:30-7:00am
- Trinity Swim Team 6-7 a.m.
- Aqua Fitness 8:30-11:45am, 7:00-8:15pm
- Swim Lessons 10:00am-12:00pm, 5:00-7:00pm
- YOTA 5:30-7:00am & 3:45-7:00pm

Tuesday

- Aqua Fitness 9:30am-12:00pm
- Trinity Swim Team 6-7 a.m.
- Swim Lessons 10:00am-12:00pm, 5:00-7:00pm
- YOTA 5:30-7:00am & 3:45-7:00pm
- Track Out Swimming 12:00-2:15pm

Wednesday

- Masters Swimming 5:30-7:00am
- Aqua Fitness 8:30-11:45am, 7:00-8:15pm
- Swim Lessons 10:00am-12:00pm, 5:00-7:00pm
- YOTA 5:30-7:00am & 3:45-7:00pm

Thursday

- Aqua Fitness 9:30am-12:00pm, 7:00-8:15pm
- Trinity Swim Team 6-7 a.m.
- Track Out Swimming 12:00-2:15pm
- Swim Lessons 10:00am-12:00pm, 5:00-7:00pm
- YOTA 5:30-7:00am & 3:45-7:00pm
- Swim Fit 101 6:45-7:30 p.m.

Friday

- Masters Swimming 5:30-7:00am
- Trinity Swim Team 6-7 a.m.
- Aqua Fitness 8:30-11:45am
- YOTA 5:30-7:00am & 3:45-7:00pm

Saturday

- Masters Swimming 7:30-9:00am
- Swim Lessons 9:00am-1:00pm
- Aqua Fitness 9:00am-10:30pm
- Private Swim Lessons 1:00-3:00pm

Sunday

- Private Swim Lesson 1:00-3:00pm
- Aqua Fitness 3:30-4:45 p.m.