ALUMNI POOL MON, Jan 7 - SUN, Jan 13

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
|--------|----------------|----------------|----------------|--------------------|----------------|----------------|----------------|--------|
| 730 a | | Adult | Adult | Adult | | | | 730 a |
| 800 a | Adult | Swim | Swim | Swim | Adult | | | 800 a |
| 830 a | Open Swim | Aqua Fit | Aqua Fit | Aqua Fit | Open Swim | | | 830 a |
| 900 a | | | | | | | | 900 a |
| 930 a | | | | | | | | 930 a |
| 1000 a | | | | | | | | 1000 a |
| 1030 a | | | Swim School | Tumble & Splash | ELC | Swim | Swim | 1030 a |
| 1100 a | | | | | | School | School | 1100 a |
| 1130 a | | Pathways | | | | | | 1130 a |
| 1200 p | | | | | | | | 1200 p |
| 1230 p | | | Hydro Fit | | | | | 1230 p |
| 100 p | | | | | | | | 100 p |
| 130 p | | | | | | | | 130 p |
| 200 p | Senior Swim | | Senior Swim | | | Swim Strong | | 200 p |
| 230 p | | | | | | | | 230 p |
| 300 p | | | | | | | Family Swim | 300 p |
| 330 p | | | | | | | | 330 p |
| 400 p | | | | | | Family Swim | | 400 p |
| 430 p | | | | | | | | 430 p |
| 500 p | Swim School | Swim School | Swim School | Swim School | Swim School | | | 500 p |
| 530 p | School | | | | | | | 530 p |
| 600 p | | | | | | | | 600 p |
| 630 p | | | | | | | | 630 p |
| 700 p | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | | | 700 p |
| 730 p | | | | | | | | 730 p |