

EASTWOOD POOL SCHEDULE

JULY 2025



MON

TUE

WED

THU

FRI

SAT

SUN

Swim Team
6-8am
(L4-L8)

Swim Team
4:30-7:15pm
(L1-L8)

Masters
5:45-8am
(L2-L7)
11am-12pm
(L2-L7)

Aqua Fit
9-10am
(L6-L8)

Swim Team
5:15-7:15pm
(L1-L8)

Swim Team
6-8am
(L4-L8)
Aqua Fit Cardio
9-10am
(L4-L8)

K&F Swim Lessons
10:30am-12pm
(L7-L8)

Swim Team
4:30-7:15pm
(L1-L8)

Masters
5:45-8am
(L2-L7)
11am-12pm
(L2-L7)

K&F Swim Lessons
9:30-11am
(L7-L8)

Swim Team
5:15-7:15pm
(L1-L8)

Swim Team
6-8am
(L1-L8)
No practice 7/4

Aqua Fit
9-10am
(L4-L8)

Swim Team
4:30-5:30pm
(L1-L8)
*No practice 7/4
(L3-L7) 7/25*

Masters
7-8:15am
(L2-L7)
No practice 7/5

Swim Team
8:15-10am
(L2-L7)
(L3-L7) 7/5 & 7/26

Swim Lessons
9:30-10am (L1-2)
10am-12:30pm
(L2-3)

Cardio Surge
10:30-11:30am
(L4-L8)

Group Lessons
10am-1pm
(L6-L8)

Swim Lessons
10am-1pm
(L5)

***Private lessons
sometimes held
before and after
group lessons in
lane 8***

Subject to Change

The aquatic center closes 30 minutes prior to the club.