

EASTWOOD POOL SCHEDULE SEPTEMBER 2025



MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Fit 9-10am (L4-L8) <i>*Starts 9/15</i>	Masters 5:45-8am (L2-L7) 11am-12pm (L2-L7)	Aqua Fit 9-10am (L4-L8) <i>*Starts 9/15</i>	Masters 5:45-8am (L2-L7) 11am-12pm (L2-L7)	Swim Team 6-7:30am (L3-L7) <i>No practice 9/5</i>	Masters 7-8:15am (L2-L7)	Group Lessons 10am-1pm (L6-L8)
Swim Team 4:30-7:15pm (L1-L8)	Swim Team 4:30-7:15pm (L1-L8)	Swim Team 4:30-7:15pm (L1-L8)	Swim Team 4:30-7:15pm (L1-L8)	Aqua Fit 9-10am (L4-L8)	Swim Team 8:15-10am (L3-L7) <i>No practice 9/20</i>	Swim Lessons 10am-1pm (L5)
				Swim Team 4:30-7:15pm (L1-L8)	Swim Lessons 10am-2:30pm (L2)	Swim Lessons 10am-1pm (L5)
					Cardio Surge 10:30-11:30am (L4-L8)	<i>**Private lessons sometimes held before and after group lessons in lane 8**</i>
					Swim Team 10:45am-3:15pm (L1-L8) <i>9/20 only</i>	

****Swim Team
Practices Start 9/2****

Subject to Change

The aquatic center closes 30 minutes prior to the club.