



SCANTIC VALLEY Y POOL SCHEDULE February 23 – March 1, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|---|--|
| 5:30am-8:00am 4 Lap lanes open Warm pool open | 5:30am-8:00am 4 Lap lanes open Warm pool open | 5:30am-8:15am 4 Lap lanes open Warm pool open | 5:30am-8:00am 4 Lap lanes open Warm pool open | 5:30am-8:15am 4 Lap lanes open Warm pool open | 7:00am-9:00am 4 Lap lanes open Warm pool open | 8:00am-9:30am 4 lap lanes open Warm pool open |
| 8:00am-12:15pm 2 Lap lanes Open swim area Warm pool open | 8:00am-12:15am 2 Lap lanes Open Swim area Warm pool open | 8:15am-9:00am Warm water conditioning Warm pool closed 2 Lap lanes Open swim area | 8:00am-12:15pm 2 Lap lanes Open Swim area Warm pool open | 8:15am-9:00am Warm water conditioning Warm pool closed Lap pool open | 9:00am-2:00pm 2 lap lanes Warm pool open | 9:30am-10:15am Lap pool closed for Aqua Zumba Warm pool open |
| 12:15pm-1:00pm Gentle Joints Warm pool closed 2 Lap lanes Open swim area | 12:15pm-1:00pm Gentle Joints Warm pool closed 2 Lap lanes Open swim area | 9:00am-10:00am Both pools open 10:00am-10:45am Water aerobics Lap pool closed Warm pool open | 12:15pm-1:00pm Warm Water Conditioning Warm pool closed 2 Lap lanes Open swim area | 9:00am -12:15pm 2 Lap lanes Open swim area Warm pool open | | 10:15am-2:00pm 2 lap lanes open Open swim area Warm pool open |
| 1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open | 1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open | 10:45am-12:15pm Both pools open 12:15pm-1:00pm Warm Water Conditioning Warm pool closed 2 Lap Lanes Open swim area | 1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open | 12:15pm-1:00pm Water aerobics Lap pool closed Warm pool open | | |
| 7:00pm-8:00pm 4 Lap lanes Warm pool open | 7:00pm-8:00pm 4 lap lanes Warm pool open | 1:00pm-7:00pm 2 Lap pool open Warm pool open | 7:00pm-8:00pm 4 Lap lanes Warm pool open | 1:00pm-7:00pm 2 Lap lanes Open swim area Warm pool open | | |
| | | 7:00pm-8:00pm 4 lap lanes Warm pool open | | 7:00pm-8:00pm 4 Lap lanes Warm pool open | | |