

**Adapted Aquatics Program**  
**Days & Times for School Year 2025 - 2026**

Monday	Tuesday 2 Swim Slots	Wednesday 2 Swim Slots	Thursday 3 Swim Slots	Friday 1 Swim Slot
Adapted Aquatics Lap Practice 3:30 - 5:30 PM	1:10 - 1:40 PM 1:50 - 2:20 PM 2:30 - 3:00 PM 3:10 - 3:40 PM 3:50 - 4:20 PM	1:00 - 1:30 PM 1:40 - 2:10 PM 2:20 - 2:50 PM 3:00 - 3:30 PM	1:10 - 1:40 PM 1:50 - 2:20 PM 2:30 - 3:00 PM 3:10 - 3:40 PM 3:50 - 4:20 PM 4:30 - 5:00 PM 5:10 - 5:40 PM 5:50 - 6:20 PM	3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM 5:40 - 6:10 PM 6:15 - 6:45 PM