

January

2026

SundayMondayTuesdayWednesdayThursdayFridaySaturday

| | | | | | | |
|--|---------------|--|---|--|---------------|--|
| <div><div>Jan. and Feb. Swim Challenges:</div><div>Wellness Bingo:</div><div>Jan. and Feb. Step Challenges:</div></div> <div>see bulletin bord on pool deck for challenge details</div> <div>runs 1/2/26 - 2/20/26 - pick-up bingo card at front desk, turn in completed by 2/20 to be entered for prizes</div> <div>see bulletin board on the way upstairs, check-out a pedometer from front desk if you need one</div> | | | | <div>1</div> <div>Closed</div> | <div>2</div> | <div>3</div> |
| <div>4</div> <div>Adult Swim Lessons (reg. required - session 1 includes 4 classes in Jan) - 12:30-1:00pm</div> | <div>5</div> | <div>6</div> <div>Yoga for Beginners - 6:00-7:00pm (reg. open, drop-ins welcome)</div> | <div>7</div> <div>Evening PT Sessions - limited openings (reg. required)</div> | <div>8</div> | <div>9</div> | <div>10</div> <div>Fitness Class Jamboree 8:15am-9:35am (reg open, drop-in welcome if space)</div> |
| <div>11</div> <div>Adult Swim Lessons (reg. required - S1) - 12:30-1:00pm</div> | <div>12</div> | <div>13</div> | <div>14</div> <div>Evening PT Sessions - limited openings (reg. required)</div> | <div>15</div> <div>Pool Exercise Equipment Tutorial - 12:30-1:00pm (drop-in)</div> | <div>15</div> | <div>17</div> |
| <div>18</div> <div>Adult Swim Lessons (reg. required- S1) - 12:30-1:00pm</div> | <div>19</div> | <div>20</div> <div>Chair Yoga- 12:00-12:30pm (reg. open, drop-ins welcome)</div> | <div>21</div> <div>Evening PT Sessions - limited openings (reg. required)</div> | <div>22</div> | <div>23</div> | <div>24</div> <div>Yoga for Beginners - 8:15-9:15am (reg. open, drop-ins welcome)</div> |
| <div>25</div> <div>Adult Swim Lessons (reg. required - S1) - 12:30-1:00pm</div> <div>CPR/AED/First-Aid Class (reg. required) - 1:15-5:45pm</div> | <div>26</div> | <div>27</div> | <div>28</div> <div>Evening PT Sessions - limited openings (reg. required)</div> <div>Fluid Running Trial Class - 7:00-7:30pm (reg. required, in pool)</div> | <div>29</div> <div>Pool Exercise Equipment Tutorial - 12:30-1:00pm (drop-in)</div> | <div>30</div> | <div>31</div> |

February

2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|---|--|--------|--|
| 1 <u>Adult Swim Lessons</u> (reg. required – session 2 includes 4 classes in Feb.) – 12:30–1:00pm | 2 | 3 | 4 <u>Evening PT Sessions</u> – limited openings (reg. required) <u>Fluid Running Class</u> – 7:00–8:00pm (reg. required, \$\$, pool) | 5 <u>Pool Exercise Equipment Tutorial</u> – 12:30–1:00pm (drop-in) | 6 | 7 <u>Chair Yoga</u> – 8:15am–8:45am (reg. open, drop-ins welcome) |
| 8 <u>Adult Swim Lessons</u> (reg. required – S2) – 12:30–1:00pm <u>AQ Class Jamboree – 9:00–11:00am (reg. required)</u> | 9 | 10 <u>HyVee Dietician Presentation:</u> 6:00–7:00pm (reg. open, drop-ins welcome) | 11 <u>Evening PT Sessions</u> – limited openings (reg. required) <u>Fluid Running Class</u> – 7:00–8:00pm (reg. required, \$\$, pool) | 12 | 13 | 14 |
| 15 <u>Adult Swim Lessons</u> (reg. required – S2) – 12:30–1:00pm | 16 | 17 | 18 <u>Evening PT Sessions</u> – limited openings (reg. required) <u>Fluid Running Class</u> – 7:00–8:00pm (reg. required, \$\$, pool) | 19 <u>Pool Exercise Equipment Tutorial</u> – 12:30–1:00pm (drop-in) | 20 | 21 |
| 22 <u>Adult Swim Lessons</u> (reg. required– S2) 12:30–1:00pm <u>Mermaid Yoga Event – 6:15–7:15pm (reg. required, \$\$, pool)</u> | 23 | 24 <u>Aging Optimally Presentation:</u> 6:00–7:00pm (reg. open, drop-ins welcome) | 25 <u>Evening PT Sessions</u> – limited openings (reg. required) <u>Fluid Running Class</u> – 7:00–8:00pm (reg. required, \$\$, pool) | 26 | 27 | 28 |