



FMWR MAGRATH AQUATICS SCHEDULE

SEPTMEBER-DECEMBER 2026

	MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY			SUNDAY	CLOSED	PROGRAMS & RESERVATIONS*
LANES	1, 2	3, 4	5, 6	7, 8	1, 2	3, 4	5, 6	7, 8	1, 2	3, 4	5, 6	7, 8	1, 2	3, 4	5, 6	7, 8	1, 2	3, 4	5, 6	7, 8	1, 2	3-6	7-8								
6:00	SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING					CLOSED					
6:30																															
7:00																															
7:30	CWST/ UNIT PT RESERVATIONS					P3T					PHYSICAL THERAPY					SRU					CWST/ UNIT PT RESERVATIONS					ACTIVE DUTY LESSONS					
8:00																															
8:30																															
9:00	LAP SWIM					CWST/ UNIT PT RESERVATIONS					H2F					ACTIVE DUTY LESSONS					BIRTHDAY PARTYS										
9:30																															
10:00																															
10:30	LAP SWIM					CWST/ UNIT PT RESERVATIONS					H2F					Tabata					OPEN SWIM										
11:00																															
11:30																															
12:00	LAP SWIM					P3T					CWST/ UNIT PT RESERVATIONS					ACTIVE DUTY LESSONS					LAP SWIM										
12:30																															
13:00 (1)																															
13:30 (1:30)	OPEN SWIM					CWST/ UNIT PT RESERVATIONS					LAP SWIM					OPEN SWIM					CLOSED										
14:00 (2)																															
14:30 (2:30)																															
15:00 (3)	SWIM LESSONS					OPEN SWIM					LAP SWIM					OPEN SWIM					CLOSED										
15:30 (3:30)																															
16:00 (4)																															
16:30 (4:30)	SWIM LESSONS					SWIM LESSONS					SWIM LESSONS					SWIM LESSONS					CLOSED										
17:00 (5)																															
17:30 (5:30)																															
18:00 (6)	SWIM LESSONS					SWIM LESSONS					SWIM LESSONS					SCUBA					CLOSED										
18:30 (6:30)																															
19:00 (7)																															
SOLDIER PHYSICAL TRAINING																															
Mon-Fri, 0600-0800 *(No reservations allowed)*																															
ACTIVE DUTY (SOLDIER) SWIM LESSONS																															
Mon 1100-1300 Wed 1400-1600 Fri/Sat- 0800-1000																															
HOLISTIC HEALTH & FITNESS (H2F)*																															
Mon & Fri- 1000-1100																															
PREGNANCY PHYSICAL THERAPY (P3T)*																															
Tue- 0630-0900																															
SOLDIER RECOVERY UNIT (SRU)*																															
Tue & Thur- 0800-0900																															
PHYSICAL THERAPY (PT)*																															
Tue & Thur- 0645-1000																															
COMBAT WATER SURVIVAL TRAINING (CWST)*																															
Mon/Fri- 0800-1300 Tue/Thur-0900-1530 Wed-0800-1530																															
LAP SWIM																															
Mon-Fri-0800-1900 Sat-0800-1600																															
OPEN SWIM																															
Mon-1300-1900, Tue-1100-1900, Wed 0800-1900, Thur-1100-1900, Fri 1200-1900, Sat 0800-1600																															
FITNESS CLASSES																															
Paddle Pilates- Tue, 1200-1300																															
Water Aerobics- Wed, 0800-0900																															
Hydrofit- Thur, 1100-1200																															
Water Tabata- Fri, 1100-1200																															
SWIM LESSONS																															
Mon,Tue, Wed, Thur 1600-1900																															
SPECIAL EVENTS																															
As Scheduled- See Pool Schedule																															
BIRTHDAY PARTIES																															
Sat- 1000-1200, 1200-1400 (Lanes 7/8)																															

For questions or more information contact (315) 772-9673 or visit <https://drum.armymwr.com/programs/aquatics>