



FMWR MAGRATH AQUATICS SCHEDULE

JULY-AUGUST 2026

	MONDAY					TUESDAY				WEDNESDAY					THURSDAY					FRIDAY					SATURDAY			SUNDAY	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	3-6	7-8														
6:00	SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING				SOLDIER PHYSICAL TRAINING					SOLDIER PHYSICAL TRAINING				CLOSED			CLOSED	SOLDIER PHYSICAL TRAINING									
6:30						PHYSICAL TRAINING									PHYSICAL THERAPY				PHYSICAL THERAPY									ACTIVE DUTY LESSONS		BIRTHDAY PARTYS		SOLDIER RECOVERY UNIT (SRU)*					
7:00						P3T									CWST/ UNIT PT RESERV.				CWST/ UNIT PT RESERVATIONS									H2F			LAP SWIM		COMBAT WATER SURVIVAL TRAINING (CWST)*				
7:30						SRU									ACTIVE DUTY LESSONS				SWIM LESSONS									Tabata			OPEN SWIM		Mon/Fri- 0800-1300 Tue/Thur-0900-1800				
8:00	CWST/ UNIT PT RESERVATIONS					LAP SWIM					LAP SWIM				CWST/ UNIT PT RESERVATIONS				H2F			LAP SWIM		LAP SWIM													
8:30						Pilates				SWIM LESSONS					OPEN SWIM			OPEN SWIM		Sat-0800-1600																	
9:00						H2F				OPEN SWIM					SWIM LESSONS			OPEN SWIM		FITNESS CLASSES																	
9:30						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM		Hydrofit- Mon, 1700-1800 (Lanes 1/2))																	
10:00	LAP SWIM					CWST/ UNIT PT RESERVATIONS					LAP SWIM				SWIM LESSONS				H2F			Paddle Pilates- Tue, 1200-1300															
10:30						P3T				OPEN SWIM					OPEN SWIM			OPEN SWIM		Water Aerobics- Wed, 1700-1800 (Lanes 1/2)																	
11:00						SRU				OPEN SWIM					OPEN SWIM			OPEN SWIM		Water Tabata- Fri, 1100-1200																	
11:30						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM		SWIM LESSONS																	
12:00	SWIM LESSONS					P3T					LAP SWIM				CWST/ UNIT PT RESERVATIONS				H2F			LAP SWIM		Mon/Wed/Fri- 1300-1700													
12:30						P3T				OPEN SWIM					OPEN SWIM			OPEN SWIM		SPECIAL EVENTS																	
13:00 (1)						SRU				OPEN SWIM					OPEN SWIM			OPEN SWIM		As Scheduled- See Pool Schedule																	
13:30 (1:30)						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM		BIRTHDAY PARTIES																	
14:00 (2)	OPEN SWIM					P3T					LAP SWIM				CWST/ UNIT PT RESERVATIONS				H2F			Sat- 1000-1200, 1200-1400 (Lanes 7/8)															
14:30 (2:30)						P3T				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
15:00 (3)						SRU				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
15:30 (3:30)						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
16:00 (4)	HYDROFIT					P3T					LAP SWIM				CWST/ UNIT PT RESERVATIONS				H2F																		
16:30 (4:30)						P3T				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
17:00 (5)						SRU				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
17:30 (5:30)						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
18:00 (6)	OPEN SWIM					P3T					LAP SWIM				CWST/ UNIT PT RESERVATIONS				H2F																		
18:30 (6:30)						P3T				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
19:00 (7)						SRU				OPEN SWIM					OPEN SWIM			OPEN SWIM																			
						ACTIVE DUTY LESSONS				OPEN SWIM					OPEN SWIM			OPEN SWIM																			

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