

Foxdale Weekly Land Schedule 2026

Updated: January 6th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Building Functional Strength & Balance 7:30am-8:15am	Building CORE Strength & Flexibility 8:15am-9:00am	Building Functional Strength & Balance 7:30am-8:15am	Sunrise Walk 7:30am-8:00am	Building Functional Strength & Balance 7:30am-8:15am
Building Functional Strength & Balance 8:30am-9:15am		Building Functional Strength & Balance 8:30am-9:15am	Building CORE Strength & Flexibility 8:15am-9:00am	Building Functional Strength & Balance 8:30am-9:15am
	PACE 9:15am-10:00am		PACE 9:15am-10:00am	
Anthony House North/East 10:00am-11:00am Central 10:45am-11:30am	Darlington House 10:30am-11:15am		Darlington House 10:30am-11:15am	Anthony House North/East 10:00am-11:00am Central 10:45am-11:30am
	Parkinson MOVE 1:00pm-1:45pm			Beginner Functional Strength 1:30pm-2:15pm
Beginner Functional Strength 3:00pm-3:45pm	Yoga 3:00pm-3:45pm	Beginner Functional Strength 3:00pm-3:45pm	Music with Myah 3:00pm-3:45pm	

Foxdale Weekly Pool Schedule 2026

Updated: January 6th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Anthony House Swim 8:30am-11:30am			Open Swim 9am-10:00am
Open Swim 12:30pm-1:05pm	Open Swim 12:30pm-1:05pm		Open Swim 12:30pm-1:05pm	Open Swim 12:30pm-1:05pm	Water Volleyball 10:00am-11:00am
Water Volleyball 1:15pm-2:00pm	Water Volleyball 1:15pm-2:00pm	DH Swim 1:30pm-2:15pm	Water Volleyball 1:15pm-2:00pm	Water Volleyball 1:15pm-2:00pm	Family & Staff Open Swim 11:00am-12:30pm
Low Intensity Walking 2:15pm-3:00pm	High Intensity Water 2:15pm-3:00pm		High Intensity Water 2:15pm-3:00pm	Low Intensity Walking 2:15pm-3:00pm	
Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	