

# Lap Pool

**Effective:  
9/4/18 - 5/31/19**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00am	Deep Water Fitness 6:00-7:00	Masters Swim 5:45-7:00	Deep Water Fitness 6:00-7:00	Masters Swim 5:45-7:00	Deep Water Fitness 6:00-7:00	Masters Swim 6:15-7:45	
6:30am							
7:00am	Lap Swim 7:00am-4:15pm	Lap Swim 7:00am-4:15pm	Lap Swim 7:00am-4:15pm	Lap Swim 7:00am-4:15pm	Lap Swim 7:00am-4:15pm	Water Aerobics 8:00-9:00	
7:30am							
8:00am							
8:30am	Aqua Aerobics 8:30-9:30	Lap Swim 7:00am-4:15pm	Aqua Aerobics 8:30-9:30	Lap Swim 7:00am-4:15pm	Aqua Aerobics 8:30-9:30	Swim Lessons 9:00-12:00	
9:00am							
9:30am							
10:00am	MS Exercise 9:30 10:30	MS Exercise 9:30 10:30	MS Exercise 9:30 10:30	MS Exercise 9:30 10:30	MS Exercise 9:30 10:30	Swim Lessons 9:00-12:00	Open Swim
10:30am							
11:00am	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Swim Lessons 9:00-12:00	WAVE 10:30-11:30
11:30am							
12:00pm	Lap Swim 11:30-4:20	ISD 742 11:00-12:30	Lap Swim 11:30-4:20	Lap Swim 11:30-4:20	ISD 742 11:00-12:30	Open/Lap Swim 12:00-8:30pm	Open/Lap Swim 10:00-7:30pm
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Swim Team 4:15-7:30	Swim Team 4:15-7:30	Swim Team 4:15-6:00	Swim Team 4:15-7:30	Swim Team 4:15-7:30	Open/Lap Swim 12:00-8:30pm	Open/Lap Swim 10:00-7:30pm
4:30pm							
5:00pm	Swim Lessons 5:30-7:20	Deep Water X 5:30-6:30	Swim Lessons 5:30-7:20	Deep Water X 5:30-6:30	Swim Lessons 5:30-7:20	Open/Lap Swim 7:30-9:00	Open/Lap Swim 10:00-7:30pm
5:30pm							
6:00pm							
6:30pm	Swim Lessons 5:30-7:20	Swim Lessons 5:30-7:20	Swim Lessons 5:30-7:20	Swim Lessons 5:30-7:20	Swim Lessons 5:30-7:20	Open/Lap Swim 7:30-9:00	Open/Lap Swim 10:00-7:30pm
7:00pm							
7:30pm							
8:00pm	Lap Swim 7:30 - 9:30	Lap Swim 7:30 - 9:30	Lap Swim 7:30 - 9:30	Lap Swim 7:30 - 9:30	Lap Swim 7:30 - 9:30	Open/Lap Swim 7:30-9:00	Closed
8:30pm							
9:00pm	Closed	Closed	Closed	Closed	Closed	Open/Lap Swim 7:30-9:00	Closed
9:30pm							

**Tuesday/Thursday No Lap Swimming 5:30p-6:30p \*\*Lap Swimming is defined as swimming back and forth the length of the lap lane\*\***

