

# Lap Pool

**Effective:  
12/1/18 -  
12/31/18**

	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	Aqua Aerobics 8:30-9:30		Aqua Aerobics 8:30-9:30		MS Exercise 9:30 10:30	Aqua Aerobics 8:30-9:30		MS Exercise 9:30 10:30	Swim Lessons 9:00-12:00						
8:30am															
9:00am	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		Lap Swim					
9:30am															
10:00am	Bodies in Motion 10:30-11:30	ISD 742 11:00- 12:30	Bodies in Motion 10:30-11:30	Lap Swim 7:00am-4:15pm	Bodies in Motion 10:30-11:30	Swim Lessons 9:00-12:00	WAVE 10:30- 11:30								
10:30am															
11:00am	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15		Lap Swim 7:00am-4:15pm		ISD 742 11:00- 12:30	Open/Lap Swim 12:00-8:30pm							
11:30am															
12:00pm						Lap Swim 11:30-4:15	Lap Swim 11:30-4:15		Lap Swim 11:30-4:15	Lap Swim 7:00am-4:15pm	Open Swim	Open/Lap Swim 12:00-8:30pm			
12:30pm															
1:00pm				Lap Swim 11:30-4:15				Lap Swim 11:30-4:15			Lap Swim 11:30-4:15		Lap Swim 7:00am-4:15pm	Dist. #739 1:00-2:15	Open/Lap Swim 12:00-8:30pm
1:30pm															
2:00pm	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15		Lap Swim 7:00am-4:15pm							Lap Swim 12:30-4:15		Open/Lap Swim 12:00-8:30pm	
2:30pm															
3:00pm						Lap Swim 11:30-4:15	Lap Swim 11:30-4:15		Lap Swim 11:30-4:15	Lap Swim 7:00am-4:15pm		Lap Swim 12:30-4:15			Open/Lap Swim 12:00-8:30pm
3:30pm															
4:00pm				Swim Team 4:15-7:30 Deep Water X 5:30-6:30 Swim Lessons 5:30-7:20				Swim Team 4:15-7:30 Deep Water X 5:30-6:30 Swim Lessons 5:30-7:20			Swim Team 4:15-6:00 Swim Lessons 5:30-7:20	Swim Team 4:15-7:30 Deep Water X 5:30-6:30 Swim Lessons 5:30-7:20	Swim Team 4:15-7:30 Open/Lap Swim 7:30-9:00	Open/Lap Swim 12:00-8:30pm	
4:30pm															
5:00pm															
5:30pm															
6:00pm															
6:30pm															
7:00pm	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 12:00-8:30pm									
7:30pm															
8:00pm															
8:30pm															
9:00pm	Closed	Closed	Closed	Closed	Closed	Closed									
9:30pm															

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

