

Lap Pool

Effective:
2/1/19-2/28/19

	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	MS Exercise 9:30 10:30		MS Exercise 9:30 10:30		MS Exercise 9:30 10:30			
10:00am		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	Lap Swim	Lap Swim	
10:30am	Bodies in Motion 10:30-11:30							
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	Lap Swim 12:30-4:15	Open/Lap Swim 12:00-8:30pm	WAVE 10:30- 11:30	
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
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 4:00-6:00 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	Open/Lap Swim 10:00-7:30pm	
4:30pm								
5:00pm								
5:30pm								
6:00pm								
6:30pm								
7:00pm								
7:30pm	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	Closed	Closed	
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***

