

Lap Pool

Effective:
4/1/19-4/30/19

	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				
7:30am									
8:00am									
8:30am	Aqua Aerobics 8:30-9:30	Lap Swim 7:00am-4:15pm	Aqua Aerobics 8:30-9:30	Aqua Aerobics 8:30-9:30	Aqua Aerobics 8:30-9:30	Water Aerobics 8:00-9:00			
9:00am									
9:30am	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			
10:00am									
10:30am	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Lap Swim 7:00am-4:15pm	Bodies in Motion 10:30-11:30			Lap Swim	
11:00am									
11:30am	Lap Swim 11:30-4:15	ISD 742 11:00- 12:30	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15	ISD 742 11:00- 12:30	Swim Lessons 9:00-12:00			
12:00pm									
12:30pm		Lap Swim 11:30-4:15			Lap Swim 11:30-4:15		Lap Swim 11:30-4:15	Lap Swim 11:30-4:15	Lap Swim 11:30-4:15
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			
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	WAVE 7-8	Special Olympics 7:30-8:30	Lap Swim 7:30 - 9:30	Open/Lap Swim 12:00-8:30pm	Closed		
8:00pm									
8:30pm									
9:00pm									
9:30pm	Closed	Closed	Closed	Closed	Closed				

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

