

Lap Pool

Effective:
5/1/19-5/31/19

	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		
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	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		
11:00am							
11:30am	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	Open/Lap Swim 10:00-7:30pm	Lap Swim
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 WAVE 7-8	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		
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		
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 swimming the length of the pool back and forth

