

Lap Pool

Effective 6/1/19-6/30/19

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