

Lap Pool

Effective 7/1/19-7/31/19

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

During Swim team, swim lessons, Deep Water X and Masters Swim lap lanes may be limited.