

Lap Pool

Effective 8/1/19-8/31/19

	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								
7:30am	Aqua Aerobics 8:30-9:30	Lap Swim 9	Aqua Aerobics 8:30-9:30	Lap Swim 9	Aqua Aerobics 8:30-9:30	Water Aerobics 8-9		
8:00am								
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		Lap Swim
9:30am								
10:00am	MS Exercise 9:30-10:30		MS Exercise 9:30-10:30		MS Exercise 9:30-10:30		Bodies In Motion 10:30-11:30	
10:30am								
11:00am								
11:30am	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Bodies in Motion 10:30-11:30	Lap Swim 11:30-5:30	Lap Swim and Open Swim 12-8:30pm			
12:00pm								
12:30pm	Lap Swim 12-4	Lap Swim 12-4	Lap Swim 12-4	Lap Swim 12-4	Lap Swim 11:30-5:30	Lap Swim and Open Swim 12-8:30pm		
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	Lap Swim/ Open Swim 9:30	Closed		
4:30pm								
5:00pm		Deep Water X 5:30-6:30	WAVE 8	Deep Water X 5:30-6:30				
5:30pm								
6:00pm								
6:30pm		Lap Swim/ Open Swim 9:30	Lap Swim/ Open Swim 9:30	Lap Swim/ Open Swim 9:30			Lap Swim/ Open Swim 9:30	Closed
7:00pm								
7:30pm	Lap Swim 7-9:30	Lap Swim 7-9:30	Lap Swim 7-9:30	Lap Swim 7-9:30	Closed			
8:00pm								
8:30pm	Closed	Closed	Closed	Closed	Closed			
9:00pm								
9:30pm	Closed	Closed	Closed	Closed	Closed			

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