

Lap Pool Schedule

August 27th – December 18th, 2016

MONDAY

Time	Activity
5:30- 9:30A	Lap Swim
9:30- 10:15A	Deep Sea
10:30- 11:15A	Lap Swim
11:00- 11:45A	Gentle Movement
1:00-4:30	Lap Swim
4:30-7:15P	Swim Lessons/ Lap Swim
7:15-8:00P	Swim Lessons/Aqua Interval/Lap
8:00- 9:45P	Lap Swim
9:45P	Pool Closes

TUESDAY

Time	Activity
5:30- 6:00A	Lap/Open Swim
6:00- 7:00A	Adult Fitness Swim
7:00- 7:30A	Lap/Open Swim
7:30- 8:15A	Adult Fitness Swim
8:15- 9:00A	Lap/Open Swim
9:00-9:45A	Adult Learn to Swim
10:00-11:00A	Aqua Boot Camp
11:00-11:30A	Hydro Strength
11:30A- 12:30P	Lap/Open Swim
12:30- 2:30P	Group Swim Lessons
2:30- 6:00P	Lap/Open Swim
6:00-8:30P	Swim Lessons/Lap
8:30-9:45P	Lap/Open Swim
9:45P	Pool Closes

WEDNESDAY

Time	Activity
5:30- 9:30A	Lap/Open Swim
9:30- 10:30A	Aqua Boot Camp
10:30- 11:00A	Group Swim Lessons
10:30- 11:00A	Hydro Strength
11:30A- 6:00P	Lap/Open Swim
6:00-7:15P	Group Swim Lessons
7:15-8:00P	Swim Lessons/Aqua Interval/Lap
8:00- 9:45P	Lap Swim
9:45P	Pool Closes

***Adult Lap Swim-** Only adults (age 16 and above) may use the lap pool to swim laps. No children are permitted at this time.

Family Swim- During this time, children and adults may use the designated area of the lap pool for recreational purposes. Jumping in the deep end is permitted.

THURSDAY

Time	Activity
5:30- 6:00A	Lap/Open Swim
6:00- 7:00A	Adult Fitness Swim
7:00- 7:30A	Lap/Open Swim
7:30- 8:15A	Adult Fitness Swim
8:15- 9:00A	Lap/Open Swim
9:00- 9:45A	Adult Learn to Swim
10:00-10:45A	Aqua Blast
10:45A- 12:30P	Lap/Open Swim
10:45- 11:15A	Hydro Strength
12:30- 2:30P	Group Swim Lessons
2:30- 6:00P	Lap/Open Swim
6:00-8:30P	Swim Lessons/ Lap
8:30-9:45P	Lap/Open Swim
9:45P	Pool Closes

FRIDAY

Time	Activity
5:30- 10:00A	Lap/Open Swim
10:00- 10:45A	Deep Sea
11:00- 11:45A	Gentle Movement
11:45A- 6:30P	Lap/Open Swim
6:30- 8:30P	Family Swim
8:30- 8:45P	Lap/Open Swim
9:45P	Pool Closes

SATURDAY

Time	Activity
6:45- 7:45A	Aqua Boot Camp
7:45- 9:00A	Lap/Open Swim
9:00A- 12:00P	Group Swim Lessons
12:00- 2:00P	Family Swim/Lap
2:00- 2:30P	Lap/Open Swim
2:30- 3:30P	*Adult Lap Swim/Swim Lessons
4:30- 4:45P	Lap/Open Swim
4:45P	Pool Closes

SUNDAY

Time	Activity
12:00- 1:00P	*Adult Lap Swim/Swim Lessons
1:30- 2:30P	Lap/Open Swim
2:30- 4:30P	Family Swim/Lap
4:30- 4:45P	Lap/Open Swim
4:45P	Pool Closes

Private Swim Lessons- Please be advised that private swim lessons may use the lap pool during other scheduled activities (lap swim, adult lap swim, group swim lessons) without prior notification.

*****Please note that all schedules are subject to change without notice. Reasons for schedule changes may be a result of, but are not limited to: inclement weather, fecal/vomit accidents, programs, holidays, staff availability, pool chemical imbalances, and mechanical failures.**