

2011 Lap Pool Schedule

Feb. 25-Mar. 6

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM							
6:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:15 AM	5:15-7:30	5:45-7:30	5:15-7:30	5:45-7:30	5:15-7:30		
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM	Low Tide	Aqua Mix	Low Tide	Aqua Mix	Low Tide		
7:45 AM	(Water Fitness)	(Aqua Interval)	(Water Fitness)	(Aqua Interval)	(Water Fitness)		
8:00 AM	7:35-8:20	7:35-8:20	7:35-8:20	7:35-8:20	7:35-8:20		
8:15 AM							
8:30 AM	Swimlates	High Tide	Swimlates	High Tide	Swimlates	Lap Swim	
8:45 AM	(Swimnastics)	(Deep Water)	(Swimnastics)	(Deep Water)	(Swimnastics)	8:00-1:00	
9:00 AM	8:25-9:05	8:25-9:15	8:25-9:05	8:25-9:15	8:25-9:05		
9:15 AM	Water Ex. Training	Lap Swim	Water Ex. Training	Lap Swim	Water Ex. Training	Open Swim	
9:30 AM	(Splash Aerobics)	8:25-10:00	(Splash Aerobics)	8:25-10:00	(Splash Aerobics)	10:00-1:00	
9:45 AM	9:15-10:15		9:15-10:15		9:15-10:15		
10:00 AM							
10:15 AM							
10:30 AM	Open &	Closed	Closed	Closed	Closed		
10:45 AM	Lap Swim	10:00-11:15	10:15-11:15	10:00-11:15	10:15-11:15		
11:00 AM	10:15-11:15						
11:15 AM							
11:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
11:45 AM	11:15-1:15	11:15-1:15	11:15-1:15	11:15-1:15	11:15-1:15		
12 NOON							
12:15 PM							Lap Swim
12:30 PM							12:00-1:30
12:45 PM						Closed	
1:00 PM						1:00	
1:15 PM							
1:30 PM	Closed	Closed	Closed	Closed	Closed		Closed
1:45 PM	1:15-4:15	1:15-4:15	1:15-4:15	1:15-4:15	1:15-4:00		1:30
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
4:45 PM	4:15-8:30	4:15-6:15	4:15-6:30	4:15-7:30	4:00-6:00		
5:00 PM							
5:15 PM							
5:30 PM	Water Ex. Training						
5:45 PM	(Splash Aerobics)						
6:00 PM	5:30-6:15			Water Ex. Training	Closed		
6:15 PM				(Splash Aerobics)	6:00		
6:30 PM	Lap &	Closed					
6:45 PM	Open Swim	6:15					
7:00 PM	6:15-8:30		Closed				
7:15 PM			6:30				
7:30 PM							
7:45 PM				Closed			
8:00 PM				7:30			
8:15 PM							
8:30 PM							