

Lap Pool June 4 - August 31 2018

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00 AM	5:15-7:55	5:15-7:55	5:15-7:55	5:15-7:55	5:15-7:55		
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM	Shallow	OPEN	Shallow	OPEN	Shallow	Lap Swim 7am-12pm	Lap Swim 8am-12pm
8:15 AM	Water Fitness	Water Workout	Water Fitness	Water Workout	Water Fitness		
8:30 AM	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00		
8:45 AM							
9:00 AM	Tabata	Deep Water	Tabata	Deep Water	Boot Camp		
9:15 AM	9:15-10:00	9:15-10	9:15-10:00	9:15-10	9:15-10:00		
9:30 AM							
9:45 AM							
10:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
10:15 AM	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00		
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
NOON							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM	*Lap Swim	*Lap Swim	*Lap Swim	*Lap Swim	*Lap Swim		
4:00 PM	3:30-8:00	3:30-7:00	3:30-8:00	3:30-7:00	3:30-6:45		
4:15 PM							
4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons				
4:45 PM	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm				
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM	Water			Water			
6:00 PM	Boot Camp			Boot Camp			
6:15 PM	5:30-6:15			5:45-6:45			
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							

**Limited lap lanes during swim lessons and evening water exercise classes.

Rec Pool June 4 - August 31 2018

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM			Aqua Toning 5:30-6:15						
6:15 AM									
6:30 AM									
6:45 AM									
7:00 AM									
7:15 AM									
7:30 AM									
7:45 AM									
8:00 AM	Lap Swim/ Water Walking 8:00-10:30		Lap Swim/ Water Walking 8:00-10:30		Lap Swim/ Water Walking 8:00-10:30				
8:15 AM									
8:30 AM									
8:45 AM									
9:00 AM									
9:15 AM									
9:30 AM		Swim Lessons 9:00-11:45am		Swim Lessons 9:00-11:45am					
9:45 AM									
10:00 AM									
10:15 AM									
10:30 AM	Restorative Water Exercise 10:30-11:15		Restorative Water Exercise 10:30-11:15		Restorative Water Exercise 10:30-11:15				
10:45 AM									
11:00 AM									
11:15 AM									
11:30 AM									
11:45 AM						Open Swim	Open Swim		
NOON									
12:15 PM						11:00am-2:30pm	11:00am-2:30pm		
12:30 PM									
12:45 PM						Water Slide 12-2pm	Water Slide 12-2pm		
1:00 PM	Open Swim 1-4pm	Open Swim 1-4pm	Open Swim 1-4pm						
1:15 PM									
1:30 PM									
1:45 PM									
2:00 PM									
2:15 PM		Water Slide 3-4pm			Open Swim 2-6:45pm				
2:30 PM									
2:45 PM									
3:00 PM	*****Afternoon Open Swim Hours will Begin June 5th*****								
3:15 PM					Open Swim 2-6:45pm				
3:30 PM									
3:45 PM									
4:00 PM	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00			Water Slide 3-5pm			
4:15 PM									
4:30 PM									
4:45 PM									
5:00 PM									
5:15 PM									
5:30 PM									
5:45 PM									
6:00 PM									
6:15 PM									
6:30 PM		Open Swim 6:00-8:00	Open Swim 6:00-8:00	Open Swim 6:00-8:00					
6:45 PM									
7:00 PM									
7:15 PM									
7:30 PM									
7:45 PM									
8:00 PM									
8:15 PM									
8:30 PM									