



## POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00 – 7:45 LAP SWIM	5:00 – 7:45 LAP SWIM	5:00 – 7:45 LAP SWIM	5:00 – 7:45 LAP SWIM	5:00 – 7:45 LAP SWIM	7:00 – 9:00 LAP SWIM
	7:45 – 8:30 LAP SWIM (2 LANES) EASY DOES IT (2 LANES)	7:45 – 8:30 LAP SWIM (2 LANES) EASY DOES IT (2 LANES)	7:45 – 10:30 LAP SWIM (2 LANES) EASY DOES IT (2 LANES)	7:45 – 8:30 LAP SWIM (2 LANES) EASY DOES IT (2 LANES)	7:45 – 8:30 LAP SWIM (2 LANES) EASY DOES IT (2 LANES)	9:00 – 11:00 GROUP SWIM LESSONS
	8:30 -9:30 OPEN SWIM  ONE LAP LANE OPEN	8:30 - 9:30 PRESCHOOL LESSONS  <b>POOL CLOSED</b>		8:30 - 9:30 PRESCHOOL LESSONS  <b>POOL CLOSED</b>	8:30-9:30 PRESCHOOL LESSONS  <b>POOL CLOSED</b>	
	9:40 – 10:30 ARTHRITIS & DEEP END FLOAT	9:40 – 10:30 SILVERSPASH & DEEP END FLOAT	9:40 -10:30 ARTHRITIS & DEEP END FLOAT	9:40 -10:30 SILVERSPASH & DEEP END FLOAT	9:40 -10:30 ARTHRITIS & DEEP END FLOAT	
	10:30 – 11:30 AQUAFIT & DEEP END FLOAT	10:30 – 11:30 DEEP END AEROBICS	10:30 – 11:30 AQUAFIT & DEEP END FLOAT	10:30 – 11:30 DEEP END AEROBICS	10:30 – 11:30 AQUAFIT & DEEP END FLOAT	
12:00 – 2:30 LAP SWIM	11:30 – 1:00 LAP SWIM	11:30 – 1:00 LAP SWIM	11:30 – 1:00 LAP SWIM	11:30 – 1:00 LAP SWIM	11:30 – 1:00 LAP SWIM	11:00 – 1:00 LAP SWIM
	1:00 – 2:00 OPEN SWIM	1:00 – 3:00 OPEN SWIM	1:00 -2:00 OPEN SWIM	1:00 – 3:00 OPEN SWIM	1:00 -2:00 OPEN SWIM	1:00 – 3:45 OPEN SWIM
	2:00 – 4:00 VOLLYBALL & DEEP END FLOAT  ONE LAP LANE OPEN		2:00 – 4:00 VOLLYBALL & DEEP END FLOAT		2:00 – 4:00 VOLLYBALL & DEEP END FLOAT	
2:30 – 4:45 OPEN SWIM	4:00 – 4:45 OPEN SWIM	3:00 – 4:45 OPEN SWIM ONE LAP LANE OPEN	4:00 -6:00 OPEN SWIM  ONE LAP LANE OPEN	3:00 – 5:30 OPEN SWIM  ONE LAP LANE OPEN	ONE LAP LANE OPEN	<b>LAP SWIM ETIQUETTE</b>  All lap swimmers must share lanes and circle swim when necessary during designated lap swim times. When 2 or more people are sharing the lane, it will be split. Lap swim changed to circle swimming if a 3 <sup>rd</sup> person is sharing a lane. Circle swimming is complete by staying on the right side of the lane at all times.
		4:45 – 7:30 GROUP SWIM LESSONS		ONE LAP LANE OPEN	ONE LAP LANE OPEN	
		5:30 – 6:30 WEIGHTLESS TRACK	6:00 -7:00 AQUA X	5:30 – 6:30 WEIGHTLESS TRACK	4:00 – 7:45 OPEN SWIM  ONE LAP LANE OPEN	
	4:45 - 6:00 GROUP SWIM LESSONS	7:30 – 8:45 OPEN SWIM	7:00 – 8:45 OPEN SWIM	6:30 – 8:45 OPEN SWIM		
	6:00 – 7:00 AQUA X	ONE LAP LANE OPEN	ONE LAP LANE OPEN	ONE LAP LANE OPEN		
	7:00 – 8:00 WATER DRUMMING					
	8:00 -8:45 OPEN SWIM  ONE LAP LANE OPEN					