

Lap Pool Schedule July 13-July 30

2010

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	5:15-7:25	5:45-7:25	5:15-7:25	5:45-7:25	5:15-7:25		
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM	Water Fitness	Aqua Interval	Water Fitness	Aqua Interval	Water Fitness		
7:45 AM	Workout	7:30-8:10	Workout	7:30-8:10	Workout		
8:00 AM	7:30-8:10		7:30-8:10		7:30-8:10		
8:15 AM	Swimnastics	Splash Aerobics	Swimnastics	Splash Aerobics	Swimnastics		
8:30 AM	8:15-8:55	Deep Water	8:15-8:55	Deep Water	8:15-8:55		
8:45 AM		8:15-8:55		8:15-8:55		Lap Swim	Lap Swim
9:00 AM	Lap Swim				Closed		
9:15 AM	10:00-1:15	Lap Swim	Lap Swim	Lap Swim	9:00-11:10		
9:30 AM		9:00-11:00	9:00-11:00	9:00-11:00			
9:45 AM		1 lane	1 lane	1 lane			
10:00 AM						Pool Closes	
10:15 AM		Swim Lessons	Swim Lessons	Swim Lessons		10:00	Closed
10:30 AM		9:00-11:00	9:00-11:00	9:00-11:00			10:15
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim		
11:45 AM		11:00-12:45	11:00-12:45	11:00-12:45	11:10-1:15		
12 NOON							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM		Lap Swim	Lap Swim	Lap Swim			
1:15 PM		12:45-2:15	12:45-2:15	12:45-2:15			
1:30 PM	Closed	Swim Lessons	Swim Lessons	Swim Lessons	Closed		
1:45 PM	1:15-4:15	12:45-2:15	12:45-2:15	12:45-2:15	1:15-4:15		
2:00 PM							
2:15 PM							
2:30 PM		Closed	Closed	Closed			
2:45 PM		2:15-4:15	2:15-4:15	2:15-4:15			
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM					Lap Swim		
4:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	4:15-6:30		
4:45 PM	4:15-6:15	4:15-8:30	4:15-6:15	4:15-6:15			
5:00 PM							
5:15 PM							
5:30 PM	Swim lessons		Swim Lessons				
5:45 PM	4:45-6:45		4:45-6:45				
6:00 PM				Splash Aerobics	Closed		
6:15 PM				5:30-6:15	6:30		
6:30 PM		Open Swim					
6:45 PM		6:15-8:30					
7:00 PM	Twilight Aqua		Closed				
7:15 PM	6:45-7:45		6:45				
7:30 PM				Submarine			
7:45 PM				6:30-8:00			
8:00 PM							
8:15 PM							
8:30 PM							

Lap Swim 1 lane can hold 3 swimmers