

Lap Pool April 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		
8:15 AM	Water Fitness	WATER WORKOUT	Water Fitness	WATER WORKOUT	Water Fitness	Lap Swim	
8:30 AM	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	7am-1pm	
8:45 AM							
9:00 AM	Tabata	Deep Water	Tabata	Deep Water	Boot Camp		Lap Swim
9:15 AM	9:15-10:00	9:15-10	9:15-10:00	9:15-10	9:15-10:00		8am-1pm
9:30 AM							
9:45 AM							
10:00 AM						Swim Lessons	
10:15 AM						10:40-11:55am	
10:30 AM							
10:45 AM							
11:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
11:15 AM	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00	10:00-2:00		
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	*Lap Swim	*Lap Swim	*Lap Swim	* Lap Swim	Lap Swim		
3:30 PM	3:30-8:00	3:30-7:00	3:30-8:00	3:30-7:00	3:30-7:00		
3:45 PM							
4:00 PM	Swim Lessons		Swim Lessons				Water Boot
4:15 PM	4:35-5:15pm	Swim Lessons	4:30-7:00	Swim Lessons			Camp
4:30 PM		5:45-7:10pm		5:45-7:10pm			3:45-4:30pm
4:45 PM							
5:00 PM	Water						
5:15 PM	Boot Camp						
5:30 PM	5:30-6:15						
5:45 PM							
6:00 PM							
6:15 PM							
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 April 2018

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM									
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 8:00-9:30		Lap Swim/ Water Walking 8:00-9:30		Lap Swim/ Water Walking 8:00-9:30				
8:15 AM									
8:30 AM									
8:45 AM									
9:00 AM									
9:15 AM									
9:30 AM									
9:45 AM					Peach Tree 9:30-10:15				
10:00 AM	Restorative Water Exercise 10:30-11:15	Open Swim 9:45-10:30	Restorative Water Exercise 10:30-11:15	Open Swim 9:45-10:30	Restorative Water Exercise 10:30-11:15				
10:15 AM									
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						Open Swim 12-4:00pm	Open Swim 12-4:00pm		
1:15 PM									
1:30 PM						Water Slide 1-3pm	Water Slide 1-3pm		
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									
4:00 PM	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Open Swim 4:00-7:00				
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									
6:45 PM									
7:00 PM		Open Swim 6:00-8:00	Open Swim 6:00-8:00	Open Swim 6:00-8:00					
7:15 PM									
7:30 PM									
7:45 PM									
8:00 PM									