

Rec Pool May 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								
8:15 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			
8:30 AM								
8:45 AM								
9:00 AM								
9:15 AM								
9:30 AM								
9:45 AM		Open Swim 9:45-10:30			Peach Tree 9:30-10:30			
10:00 AM				Open Swim 9:45-10:30				
10:15 AM	Restorative Water Exercise 10:30-11:15		Restorative Water Exercise 10:30-11:15		Restorative Water Exercise 10:30-11:15			
10:30 AM		Peachtree 9:45-10:30						
10:45 AM								
11:00 AM								
11:15 AM								
11:30 AM								
11:45 AM						Open Swim 11am-2:30pm	Open Swim 11am-2:30pm	
NOON								
12:15 PM								
12:30 PM								
12:45 PM						Water Slide 12-2pm	Water Slide 12-2pm	
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								
4:00 PM								
4:15 PM								
4:30 PM								
4:45 PM								
5:00 PM					Open Swim 4:00-6:30			
5:15 PM								
5:30 PM								
5:45 PM								
6:00 PM								
6:15 PM								
6:30 PM								
6:45 PM								
7:00 PM								
7:15 PM		Open Swim 6:00-8:00	Open Swim 6:00-8:00	Open Swim 6:00-8:00				
7:30 PM								
7:45 PM								
8:00 PM								
8:15 PM								
8:30 PM								

Lap Pool May 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		
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							
9:15 AM	Tabata	Deep Water	Tabata	Deep Water	Boot Camp	Lap Swim	Lap Swim
9:30 AM	9:15-10:00	9:15-10	9:15-10:00	9:15-10	9:15-10:00	7am-12pm	8am-12pm
9:45 AM							
10:00 AM							
10:15 AM							
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	3:30-6:45		
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM	Water			Water			
5:30 PM	Boot Camp			Boot Camp			
5:45 PM	5:30-6:15			5:45-6:30			
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.