

Lap Pool November 2018-May 2019

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					Wave Fit 6:45-7:30 one lane		
8:00 AM	Shallow	OPEN	Shallow	OPEN	Shallow	Lap Swim 7am-1pm	Lap Swim 8am-1pm
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		Wave Fit				Swim Lessons 10:40-11:55am	
10:15 AM		9-9:45am					
10:30 AM		one lane					
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							Water Tabata
4:00 PM	Swim Lessons						
4:15 PM	4:35-5:15pm	Swim Lessons	Wave Fit	Swim Lessons			3:45-4:30pm
4:30 PM		5:45-7:10pm	one lane	5:45-7:10pm			
4:45 PM			5:45-6:30				
5:00 PM	Water						
5:15 PM	Boot Camp						
5:30 PM	5:30-6:15			Water			
5:45 PM				Boot Camp			
6:00 PM				5:45-6:45			
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.