



Lap Pool Winter 2019

Effective February 18 through June 2
(Subject to change without notice,
please see mobile app for the most up-to-date schedule)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---|---|---|---|---|--|----------------------------------|--|
| 5:00-5:30 Lap Swim - 6 lanes | 5:00-9:00 Lap Swim - 6 lanes | 5:00-5:30 Lap Swim - 6 lanes | 5:00-9:00 Lap Swim - 6 lanes | 5:00-5:30 Lap Swim - 6 lanes | POOL CLOSED | POOL CLOSED | |
| 5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES | | 5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES | | 5:30-6:30 Masters - 4 lanes ONLY 2 LAP LANES | | | 7:00-8:30 Masters - 3 lanes Lap Swim - 3 lanes |
| 6:30-9:00 Lap Swim - 6 lanes | | 6:30-9:00 Lap Swim - 6 lanes | | 6:30-9:00 Lap Swim - 6 lanes | | | 8:30-9:20 Lap Swim - 6 lanes |
| 9:00-10:00 Active Fitness NO LAP LANES | 9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes | 9:00-10:00 Active Fitness NO LAP LANES | 9:00-10:00 DeepWater - 3 lanes Lap Swim - 3 lanes | 9:00-10:00 Active Fitness NO LAP LANES | 9:20-10:55 Lessons - 4 lanes ONLY 2 LAP LANES | | |
| 10:00-11:00 Adult lesson - 1 lane Lap Swim - 5 lanes | 10:00-1:00 Lap Swim - 6 lanes | 10:00-11:00 Adult Lesson - 1 lane Lap Swim - 5 lanes | 10:00-1:00 Lap Swim - 6 lanes | 10:00-4:15 Lap Swim - 6 lanes | | | 11:00-11:45 Lessons - 2 lanes Lap Swim - 4 lanes |
| 11:00-5:00 Lessons & PT - 1 lane Lap Swim - 5 lanes | 1:00-5:00 Lessons - 1 lane Lap Swim - 5 lanes | 11:00-3:15 Lap Swim & PT - 6 lanes | 1:00-2:00 Homeschool - 2 lanes Lap Swim - 4 lanes | | 4:15-5:00 Deep Water Running - 3 lanes Lap Swim - 3 lanes | 11:45-5:30 Lap Swim - 6 lanes | 1:35-2:20 Lessons - 2 lanes Lap Swim - 4 lanes |
| | | 3:15-4:15 Adaptive Rec - 2 lanes Lap Swim - 4 lanes | 2:00-5:00 Lessons - 1 lane Lap Swim - 5 lanes | | | | 2:20-5:30 Lap Swim - 6 lanes |
| | | 4:15-5:00 Lap Swim - 6 lanes | 2:00-5:00 Lessons - 1 lane Lap Swim - 5 lanes | | | | |
| 5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes | 5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes | 5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes | 5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes | 5:00-6:30 Lessons - 1 lane Lap Swim - 5 lanes | POOL CLOSED | POOL CLOSED | |
| 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | 6:30-7:30 Aqua Blast - 2 lanes Lap Swim - 4 lanes | 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | 6:30-7:30 Aqua Blast - 2 lanes Lap Swim - 4 lanes | 6:30-7:30 Masters - 3 lanes Lap Swim - 3 lanes | | | |
| 7:30-9:30 Lap Swim - 6 lanes | 7:30-9:30 Lap Swim - 6 lanes | 7:30-9:30 Lap Swim - 6 lanes | 7:30-9:30 Lap Swim - 6 lanes | 7:30-9:30 Lap Swim - 6 lanes | | | |

Helpful Things To Know

- Swimmers should **ALWAYS** share available lap lanes - circle swimming during peak pool usage times.
- When entering a lane that already has someone in it, please make sure the swimmer knows you are joining them prior to starting your lap swim to ensure each other's safety.
- Please limit swim time when others are waiting.
- Please review minimum age guidelines listed on the reverse side of this schedule.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- PT = Physical Therapy, which is by appointment only; please be respectful of special needs and space.