



Lap Pool Winter 2019

Effective January 2 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	9:20-10:05 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	10:10-10:55 Lessons - 4 lanes ONLY 2 LAP 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		11:00-11:45 Lessons - 2 lanes Lap Swim - 4 lanes	11:00-1:35 Lessons - 1 lane Lap Swim - 5 lanes
		3:15-4:15 Adaptive Rec-2 lanes Lap Swim - 4 lanes	2:00-5:00 Lessons - 1 lane Lap Swim - 5 lanes		11:45-5:30 Lap Swim - 6 lanes	1:35-2:20 Lessons - 2 lanes Lap Swim - 4 lanes
		4:15-5:00 Lessons - 1 lane Lap Swim - 5 lanes	4:15-5:00 Deep Water Running - 3 lanes			2:20-5:30 Lap Swim - 6 lanes
5:00-6:30 Lessons - 3 lanes Lap Swim - 3 lanes	5:00-6:30 Lessons - 4 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		
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	POOL CLOSED	POOL CLOSED
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.