

# Lap Pool Schedule

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  | Sunday                        |
|---|---|--|---|---|---|-------------------------------|
| Lap(8)<br>Social Swim<br><u>6:00-9:00</u>                                   | Lap Swim(1)<br><b>Water Wake</b><br>Up <u>5:35-6:30</u>                     | Lap(8)<br>Social Swim<br><u>6:00-9:00</u>                                      | Lap Swim(1)<br><b>Water Wake</b><br>Up <u>5:35-6:30</u>                                     | Lap(4)<br>Social Swim<br><u>6:00-9:00</u>   | Lap Swim(8)<br><u>7:00-9:00</u><br><b>Hydrorider</b><br>8:00-8:45                       |                               |
| <b>Aquacise</b><br><u>9:00-10:00</u><br>Lap Swim(3)                         | Lap(8)<br>Social Swim<br>6:45-9:45  | <b>Aquacise</b><br><u>9:00-10:00</u><br>Lap Swim(3)                            | Lap(8)<br>Social Swim<br>6:45-9:45  | <b>Aquacise</b><br><u>9:00-10:00</u><br>Lap Swim(3)   | <b>Wild Water</b><br><b>Workout</b><br><u>9:00-10:00</u><br><b>Lessons</b><br>9:00-9:45 |                               |
| <b>Water Yoga</b><br><u>10:00-10:45</u><br><i>No Lap Swim</i>               | Lap(8)<br>Social Swim<br>9:45-10:45   | <b>Water Yoga</b><br><u>10:00-10:45</u><br><i>No Lap Swim</i>                  | Lap(8)<br>Social Swim<br>9:45-10:45   | Lap(3)<br>Social Swim<br>10:00-10:45  | <b>Lessons</b><br><u>10:00-10:45</u><br>LapSwim(3)                                      |                               |
| Lap(8)<br>Social Swim<br>10:45-11:30  | Lap(8)<br>Social Swim<br>10:45-11:30  | Lap(8)<br>Social Swim<br>10:45-11:30   | Lap(8)<br>Social Swim<br>10:45-11:30  | Lap(3)<br>Social Swim<br>10:45-11:30  | Lap<br>Open Swim<br>10:45-11:30   |                               |
| Lap Swim(8)<br><u>11:30-1:00</u>  | <b>Hydrorider</b><br><u>12:10-12:45</u><br>Lap Swim(3)<br>11:30-1:00        | Lap Swim(8)<br>11:30-1:00  | <b>Hydrorider</b><br><u>12:10-12:45</u><br>Lap Swim(3)<br>11:30-1:00                        | Lap Swim(8)<br>11:30-1:00   | Lap Swim(8)<br>11:30-1:00   | Lap Swim(8)<br>12:00-1:00     |
| <b>Young at Heart (AOA)</b><br><u>1:00-1:45</u><br>Lap Swim<br>1:00-2:00(3) | <b>Young at Heart (AOA)</b><br><u>1:00-1:45</u><br>Lap Swim<br>1:00-2:00(3) | <b>Young at Heart (AOA)</b><br><u>1:00-1:45</u><br>Lap Swim(3)<br>1:45-3:45(8) | <b>Young at Heart (AOA)</b><br><u>1:00-1:45</u><br>Lap Swim(3)<br>1:45-3:45(8)              | <b>Young at Heart (AOA)</b><br><u>1:00-1:45</u><br>Lap Swim(3)<br>1:00-3:00(8)  | <b>Open Swim</b><br>1:00-4:00   | <b>Open Swim</b><br>1:00-4:00 |
| <b>Open Swim</b><br><u>2:00-5:00</u><br>Lap Swim (3)                        | <b>Open Swim</b><br><u>2:00-5:00</u><br>Lap Swim (3)                        | <b>Open Swim</b><br><u>2:00-5:05</u><br>Lap Swim (3)                           | <b>Open Swim</b><br><u>2:00-5:00</u><br>Lap Swim (3)  | 3:00-6:00<br>Lap Swim (8)   |   |                               |
| <b>Pool Closed for Lessons</b><br><u>5:00-6:30</u><br>Lap Swim (3)          | <b>Wild Water</b><br><b>Workout</b><br><u>4:45-5:30</u><br>Lap Swim (3)     | <b>Pool Closed for Lessons</b><br><u>5:00 – 6:30</u><br>Lap Swim (3)           | <b>Wild Water</b><br><b>Workout</b><br><u>4:45-5:30</u><br>Lap Swim(3)<br>4:45-5:30         |   |   |                               |
| <b>Aqua Power</b><br><u>5:45-6:30</u><br>Lap Swim(3)<br>5:45-6:30           | <b>Pool V-ball (Deep)</b><br><u>5:30-6:45</u>                               | <b>Aqua Power</b><br><u>5:45-6:30</u><br>Lap Swim(3)<br>5:45-6:30              |   |   |   |                               |
| <b>*Hydrorider</b><br><u>6:30-7:15</u><br>Lap Swim(3)<br>6:30-7:15          | <b>Pool Closed for Lessons</b><br><u>5:00-6:30</u>                          | <b>Hydrorider</b><br><u>6:30-7:15</u>  | <b>Pool Closed for Lessons</b><br><u>5:00-6:30</u><br><b>Hydrorider</b><br><u>5:45-6:30</u> | Pool Schedule Subject to Change.<br><b>May 27<sup>th</sup></b><br>Numbers by activities designates number of lanes in the pool. |   |                               |
| <b>Open Swim</b><br><u>7:15-8:30</u><br>Lap Swim (3)                        | <b>Open Swim</b><br><u>6:30-8:30</u><br>Lap Swim (3)                        | <b>Open Swim</b><br><u>7:15-8:30</u><br>Lap Swim (3)                           | <b>Open Swim</b><br><u>6:30-8:30</u><br>Lap Swim (3)  |   |   |                               |

## Summer Session 1: June 9<sup>th</sup> – 28<sup>th</sup>

When Swim Lessons are in session that time is for Swim Lessons **ONLY**.  
When Swim Lessons not in session that time will be used for Lap Swim.