



LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday								
	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	
	POOL DECK OPENS AT 6:00AM																																
6 am	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Private Lessons	Water Walking	Lap Swim	Lap Swim	Private Lessons	6 am
7 am																																	7 am
8 am																																	8 am
9 am																																	9 am
10 am																																	10 am
11 am																																	11 am
12 pm	THE POOL DECK IS CLOSED 12:00PM – 3:00PM																												12 pm				
1 pm	THE POOL DECK IS CLOSED 12:00PM – 3:00PM																												1 pm				
2 pm	THE POOL DECK IS CLOSED 12:00PM – 3:00PM																												2 pm				
3 pm	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Private Swim Lessons	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Private Swim Lessons	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Water Walking	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	3 pm	
4 pm																																4 pm	
5 pm																																5 pm	
6 pm																																6 pm	
7 pm	Women's Only Swim																								7 pm								
8 pm	POOL DECK CLOSING AT 7:30PM																												8 pm				



ACTIVITY POOL SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL DECK OPENS AT 6:00AM						
					POOL DECK OPENS AT 8:00AM	
Water Walking 8:00 – 9:30a		Water Walking 8:00 – 9:30a		Water Walking 8:00 – 9:30a	Recreational Swim 8:40 – 9:30a	Recreational Swim 8:40 – 9:30a
	Aqua Fitness 9:00 – 10:00a		Aqua Fitness 9:00 – 10:00a		Recreational Swim 9:40 – 10:30a	Recreational Swim 9:40 – 10:30a
	Aqua Fitness 10:15 – 11:15a		Aqua Fitness 10:15 – 11:15a		Recreational Swim 10:40 – 11:30a	Recreational Swim 10:40 – 11:30a
					Recreational Swim 11:40 – 12:30p	Community Swim 11:40 – 12:30p
THE POOL DECK IS CLOSED 12:00PM – 3:00PM						
					Recreational Swim 12:40 – 1:30p	Community Swim 12:40 – 1:30p
					Recreational Swim 1:40 – 2:30p	Community Swim 1:40 – 2:30p
POOL DECK CLOSSES AT 2:30PM						
Swim Basics 3:45 – 4:15p		Swim Basics 3:45 – 4:15p				
Swim Basics 4:30 – 5:00p	Recreational Swim 3:40 – 4:30p	Swim Basics 4:30 – 5:00p		Recreational Swim 3:40 – 4:30p	Recreational Swim 3:40 – 4:30p	
Swim Basics 5:15 – 5:15p	Recreational Swim 4:40 – 5:30p	Swim Basics 5:15 – 5:15p		Recreational Swim 4:40 – 5:30p	Recreational Swim 4:40 – 5:30p	
Swim Strokes 6:00 – 6:30p	Recreational Swim 5:40 – 6:30p	Swim Strokes 6:00 – 6:30p		Recreational Swim 5:40 – 6:30p	Recreational Swim 5:40 – 6:30p	
Swim Strokes 6:45 – 7:15p	Women's Only Swim 6:40 – 7:30p	Swim Strokes 6:45 – 7:15p		Recreational Swim 6:40 – 7:30p	Recreational Swim 6:40 – 7:30p	
POOL DECK CLOSSES AT 7:30PM						