

August 26, 2019 - September 1, 2019

August 2019							September 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

Monday, August 26

- USMS HP Camp (Comp)**
- 5:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 6:15am - 7:15am Deep Water Exercise (Dive Well)**
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes)**
- 8:30am - 9:30am Senior H2O (Rec Pool)**
- 9:30am - 10:30am WeCoach Exercise (Rec Pool)**
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool)**
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns)**
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool)**

Tuesday, August 27

- USMS HP Camp (Comp)**
- 5:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 6:15am - 7:15am Conditioning Exercise (Rec Pool)**
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes)**
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool)**
- 5:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns)**
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool)**

Wednesday, August 28

- USMS HP Camp (Comp)**
- 5:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 6:15am - 7:15am Deep Water Exercise (Dive Well)**
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes)**
- 8:30am - 9:30am Senior H2O (Rec Pool)**
- 9:30am - 10:30am WeCoach Exercise (Rec Pool)**
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool)**
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns)**
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool)**

Thursday, August 29

- 12:00am USMS HP Camp (Comp)**
- 5:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 6:15am - 7:15am Conditioning Exercise (Rec Pool)**
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes)**
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool)**
- 5:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns)**
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool)**

Friday, August 30

- 5:00am - 7:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 6:00am - 7:00am Friday Open Swim (Dive Well)**
- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns)**
- 8:30am - 9:30am Senior H2O (Rec Pool)**
- 9:30am - 10:30am WeCoach Exercise (Rec Pool)**

Saturday, August 31

- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns)**
- 7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns)**
- 9:00am - 12:30pm GAC Learn to Swim (Rec Pool)**
- 9:00am - 10:00am WeCoach Exercise (Rec Pool)**

Sunday, September 1

- 11:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 lanes)**
- 11:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns)**

September 2, 2019 - September 8, 2019

September 2019

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Monday, September 2

Labor Day Holiday (CLOSED)

Tuesday, September 3

5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓

6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓

7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓

7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Wednesday, September 4

5:00am - 7:00am Public Lap Swim (DiveWell-3 SC Lns) 🗓

6:15am - 7:15am Deep Water Exercise (Dive Well) 🗓

7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓

7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

8:30am - 9:30am Senior H2O (Rec Pool) 🗓

9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓

4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓

4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Thursday, September 5

5:00am - 7:00am Public Lap Swim (Comp Pool-3 SC Lns) 🗓

6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓

7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓

7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓

4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Friday, September 6

5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓

6:00am - 7:00am Friday Open Swim (Dive Well) 🗓

7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓

7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

8:30am - 9:30am Senior H2O (Rec Pool) 🗓

9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓

5:00pm - 7:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

Saturday, September 7

7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓

7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

9:00am - 12:30pm GAC Learn to Swim (Rec Pool) 🗓

9:00am - 10:00am WeCoach Exercise (Rec Pool) 🗓

Sunday, September 8

11:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓

11:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

September 9, 2019 - September 15, 2019

September 2019

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Monday, September 9

- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:15am - 7:15am Deep Water Exercise (Dive Well) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Tuesday, September 10

- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Wednesday, September 11

- 5:00am - 7:00am Public Lap Swim (Dive Well-3 SC Lns) 🗓
- 6:15am - 7:15am Deep Water Exercise (Dive Well) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Thursday, September 12

- 5:00am - 7:00am Public Lap Swim (Comp Pool-3 SC Lns) 🗓
- 6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Friday, September 13

- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:00am - 7:00am Friday Open Swim (Dive Well) 🗓
- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓
- 7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am Volleyball (Rec Pool) 🗓
- 5:00pm - 7:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

Saturday, September 14

- 12:00am Star Triad Tune Up (Comp) 🗓
- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓
- 7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 9:00am - 12:30pm GAC Learn to Swim (Rec Pool) 🗓
- 9:00am - 10:00am WeCoach Exercise (Rec Pool) 🗓

Sunday, September 15

- 12:00am Star Triad Tune Up (Comp) 🗓
- 11:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 11:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓

September 16, 2019 - September 22, 2019

September 2019

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Monday, September 16

- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:15am - 7:15am Deep Water Exercise (Dive Well) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Tuesday, September 17

- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Wednesday, September 18

- 5:00am - 7:00am Public Lap Swim (Dive Well-3 SC Lns) 🗓
- 6:15am - 7:15am Deep Water Exercise (Dive Well) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Thursday, September 19

- 5:00am - 7:00am Public Lap Swim (Comp Pool-3 SC Lns) 🗓
- 6:15am - 7:15am Conditioning Exercise (Rec Pool) 🗓
- 7:00am - 7:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 4:00pm - 8:00pm GAC Learn to Swim (Rec Pool) 🗓
- 4:00pm - 8:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 5:30pm - 6:30pm WeCoach Exercise (Rec Pool) 🗓

Friday, September 20

- GCY Back 2 Pool (Comp)
- 5:00am - 7:00am Public Lap Swim (Comp Pool-2 SC Lns) 🗓
- 6:00am - 7:00am Friday Open Swim (Dive Well) 🗓
- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓
- 7:00am - 4:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 8:30am - 9:30am Senior H2O (Rec Pool) 🗓
- 9:00am - 10:30am Page HS Group (Rec Pool) 🗓
- 9:30am - 10:30am WeCoach Exercise (Rec Pool) 🗓
- 4:00pm - 7:00pm Public Lap Swim (Comp Pool-2 SC Lns) 🗓

Saturday, September 21

- 7:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 Lns) 🗓
- 7:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓
- 9:00am - 12:30pm GAC Learn to Swim (Rec Pool) 🗓
- 9:00am - 10:00am WeCoach Exercise (Rec Pool) 🗓

Sunday, September 22

- 11:00am - 5:00pm Public Lap & Open Swim (Rec Pool-2 lanes) 🗓
- 11:00am - 5:00pm Public Lap Swim (Comp Pool-SC Lns) 🗓