

September 11, 2020

Friday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
5:30 AM - 7:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:45 AM - 8:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
10:45 AM - 11:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:30 PM - 2:30 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool

ADULT MEMBERS ONLY. No drop ins - must be reserved online by 6pm prior day. Sign up thru members portal at <https://services.greensboroaquaticcenter.com/>

September 12, 2020

Saturday

6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:45 AM - 7:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
8:15 AM - 9:15 AM	Adult Lap Swim/Water Walking-8 max -- Trainin Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:45 AM - 10:45 AM	Adult Lap Swim/Water Walking-8 max -- training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
11:15 AM - 12:15 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:45 PM - 1:45 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth

September 13, 2020

Sunday

All Day CLOSED

September 14, 2020

Monday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
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September 14, 2020 Continued

Monday

5:30 AM - 7:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:45 AM - 8:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
10:45 AM - 11:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool
2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool

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September 14, 2020 Continued

Monday

4:15 PM - 5:15 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
5:45 PM - 6:45 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:30 PM - 7:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
7:15 PM - 8:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth

September 15, 2020

Tuesday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
5:30 AM - 6:45 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
7:00 AM - 8:15 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-8 max -- Trainin Pool: 4' depth
8:45 AM - 9:45 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
10:15 AM - 11:15 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth

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September 15, 2020 Continued

Tuesday

11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
11:45 AM - 12:45 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
4:15 PM - 5:15 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
5:45 PM - 6:45 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:30 PM - 7:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
7:15 PM - 8:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth

September 16, 2020

Wednesday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
5:30 AM - 7:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool

ADULT MEMBERS ONLY. No drop ins - must be reserved online by 6pm prior day. Sign up thru members portal at <https://services.greensboroaquaticcenter.com/>

September 16, 2020 Continued

Wednesday

6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:45 AM - 8:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
10:45 AM - 11:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool
2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool
4:15 PM - 5:15 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
5:45 PM - 6:45 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth

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September 16, 2020 Continued

Wednesday

6:30 PM - 7:30 PM **Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth**

7:15 PM - 8:00 PM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**

September 17, 2020

Thursday

5:00 AM - 6:00 AM **Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth**

5:30 AM - 6:45 AM **Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth**

6:00 AM - 7:00 AM **Adult Lap Swim/Water Walking-5 max -- Rec Pool**

6:30 AM - 7:30 AM **Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth**

7:00 AM - 8:15 AM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**

7:15 AM - 8:15 AM **Adult Lap Swim/Water Walking-5 max -- Rec Pool**

8:00 AM - 9:00 AM **Adult Lap Swim/Water Walking-8 max -- Trainin Pool: 4' depth**

8:45 AM - 9:45 AM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**

9:30 AM - 10:30 AM **Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth**

10:15 AM - 11:15 AM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**

11:00 AM - 12:00 PM **Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth**

11:45 AM - 12:45 PM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**

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September 17, 2020 Continued

Thursday

12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:15 PM - 2:15 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
4:15 PM - 5:15 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
5:45 PM - 6:45 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:30 PM - 7:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
7:15 PM - 8:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth

September 18, 2020

Friday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
5:30 AM - 7:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool

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September 18, 2020 Continued

Friday

7:45 AM - 8:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
10:45 AM - 11:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
1:45 PM - 2:45 PM	Adult Lap Swim/Water Walking-4 max -- Rec Pool

September 19, 2020

Saturday

6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
6:45 AM - 7:45 AM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool

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September 19, 2020 Continued

Saturday

8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 7' depth
8:15 AM - 9:15 AM	Adult Lap Swim/Water Walking-8 max -- Trainin Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 7' depth
9:45 AM - 10:45 AM	Adult Lap Swim/Water Walking-8 max -- training Pool: 4' depth
11:00 AM - 12:00 PM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 7' depth
11:15 AM - 12:15 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
12:30 PM - 1:30 PM	Adult Lap Swim/Water Walking-8 max -- Training Pool: 7' depth
12:45 PM - 1:45 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth

September 20, 2020

Sunday

All Day CLOSED