

October 14, 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-6 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-6 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-6 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-3 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/>

October 14, 2020 Continued

Wednesday

2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-3 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-7 max -- Training Pool: 7' depth

October 15, 2020

Thursday

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-6 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:00 AM - 8:15 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
7:30 AM - 8:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
8:45 AM - 9:45 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
9:00 AM - 10:00 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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October 15, 2020 Continued

Thursday

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

October 16, 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-6 max -- Training Pool: 4' depth

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October 16, 2020 Continued

Friday

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

October 17, 2020

Saturday

6:30 AM - 7:30 AM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 7' depth
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October 17, 2020 Continued

Saturday

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

October 18, 2020

Sunday

All Day CLOSED

October 19, 2020

Monday

5:00 AM - 6:00 AM Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth

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

October 19, 2020 Continued

Monday

5:30 AM - 7:15 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:00 AM - 9:00 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-6 max -- Training Pool: 4' depth
8:15 AM - 9:15 AM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-6 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-7 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-3 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/>

October 19, 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-7 max -- Training Pool: 7' depth

October 20, 2020

Tuesday

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

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October 20, 2020 Continued

Tuesday

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
12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-8 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
1:30 PM - 2:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
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-7 max -- Training Pool: 7' depth

October 21, 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-6 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool

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October 21, 2020 Continued

Wednesday

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-6 max -- Training Pool: 4' depth
8:00 AM - 9:00 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
9:15 AM - 10:15 AM	Adult Lap Swim/Water Walking-6 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-7 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-3 max -- Rec Pool
2:45 PM - 3:45 PM	Adult Lap Swim/Water Walking-3 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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October 21, 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-7 max -- Training Pool: 7' depth****October 22, 2020**

Thursday

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

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

October 22, 2020 Continued

Thursday

12:00 PM - 1:00 PM	Adult Lap Swim/Water Walking-8 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
1:30 PM - 2:30 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth
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-7 max -- Training Pool: 7' depth

October 23, 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-6 max -- Training Pool: 4' depth
6:00 AM - 7:00 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:00 AM - 9:00 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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October 23, 2020 Continued

Friday

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

October 24, 2020

Saturday

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

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October 24, 2020 Continued

Saturday

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-5 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-5 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 - 12:00 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 4' depth

October 25, 2020

Sunday

All Day CLOSED