

November 20, 2020

Friday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-7 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
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

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

November 21, 2020

Saturday

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

November 22, 2020

Sunday

All Day CLOSED

November 23, 2020

Monday

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

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November 23, 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-6 max -- Training Pool: 7' depth

November 24, 2020

Tuesday

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

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November 24, 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-6 max -- Training Pool: 7' depth

November 25, 2020

Wednesday

All Day	Early Close 7pm
5:15 AM - 6:15 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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November 25, 2020 Continued

Wednesday

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

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November 25, 2020 Continued

Wednesday

4:15 PM - 5:15 PM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth**5:30 PM - 6:30 PM **Adult Lap Swim/Water Walking-8 max -- Training Pool: 4' depth**5:45 PM - 6:45 PM **Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth****November 26, 2020**

Thursday

All Day **Thanksgiving - CLOSED****November 27, 2020**

Friday

All Day **8am-12pm only**8:00 AM - 9:00 AM **Adult Lap Swim/Water Walking-5 max -- Rec Pool**8:00 AM - 9:00 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-5 max -- Training Pool: 4' depth**9:30 AM - 10:30 AM **Adult Lap Swim/Water Walking-5 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****November 28, 2020**

Saturday

7:00 AM - 8:00 AM **Adult Lap Swim/Water Walking-5 max -- Rec Pool**

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November 28, 2020 Continued

Saturday

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

November 29, 2020

Sunday

All Day CLOSED

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