

**November 29, 2020**

Sunday

All Day

CLOSED

**November 30, 2020**

Monday

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-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

**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 30, 2020 Continued**

Monday

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
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-2 max -- Training Pool: 7' depth

**December 1, 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

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**December 1, 2020 Continued**

Tuesday

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
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-2 max -- Training Pool: 7' depth

**December 2, 2020**

Wednesday

5:00 AM - 6:00 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth
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**December 2, 2020 Continued**

Wednesday

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-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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**December 2, 2020 Continued**

Wednesday

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-2 max -- Training Pool: 7' depth

**December 3, 2020**

Thursday

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-7 max -- Training Pool: 4' depth

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**December 3, 2020 Continued**

Thursday

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-2 max -- Training Pool: 7' depth

**December 4, 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

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**December 4, 2020 Continued**

Friday

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

**December 5, 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

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**December 5, 2020 Continued**

Saturday

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
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 -- Training 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
12:15 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

**December 6, 2020**

Sunday

All Day	CLOSED
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