

**January 13, 2021**

Wednesday

6:00 AM - 7:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
6:00 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
7:15 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-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
12:00 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

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

**January 13, 2021 Continued**

Wednesday

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-3 max -- Training Pool: 4' depth
7:00 PM - 8:00 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth

**January 14, 2021**

Thursday

6:00 AM - 7:15 AM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:00 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
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
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

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**January 14, 2021 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-8 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
7:00 PM - 8:00 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth

**January 15, 2021**

Friday

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

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**January 15, 2021 Continued**

Friday

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

**January 16, 2021**

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
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-6 max -- Trainin Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth

**January 16, 2021 Continued**

Saturday

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-7 max -- Training Pool: 7' depth
11:15 AM - 12:15 PM	Adult Lap Swim/Water Walking-5 max -- Training Pool: 4' depth
12:15 PM - 1:15 PM	Adult Lap Swim/Water Walking-4 max -- Training Pool: 7' depth
12:45 PM - 1:45 PM	Adult Lap Swim/Water Walking-4 max -- Training Pool: 4' depth

**January 17, 2021**

Sunday

All Day CLOSED

**January 18, 2021**

Monday

All Day CLOSED

All Day CLOSED-MLK DAY

**January 19, 2021**

Tuesday

6:00 AM - 7:15 AM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:00 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
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth

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**January 19, 2021 Continued**

Tuesday

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
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-8 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
7:00 PM - 8:00 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth

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**January 20, 2021**

Wednesday

6:00 AM - 7:30 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
6:00 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
7:15 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-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
12:00 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

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**January 20, 2021 Continued**

Wednesday

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

**January 21, 2021**

Thursday

6:00 AM - 7:15 AM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth
6:00 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
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-5 max -- Rec Pool
7:15 AM - 8:15 AM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth
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

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**January 21, 2021 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-8 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
7:00 PM - 8:00 PM	Adult Lap Swim/Water Walking-2 max -- Training Pool: 7' depth

**January 22, 2021**

Friday

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

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**January 22, 2021 Continued**

Friday

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

**January 23, 2021**

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
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 -- Trainin Pool: 4' depth
9:30 AM - 10:30 AM	Adult Lap Swim/Water Walking-10 max -- Training Pool: 7' depth

**January 23, 2021 Continued**

Saturday

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-8 max -- Training Pool: 4' depth**

12:30 PM - 1:30 PM                     **Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth**

12:45 PM - 1:45 PM                     **Adult Lap Swim/Water Walking-4 max -- Training Pool: 4' depth**

**January 24, 2021**

Sunday

All Day                                      **CLOSED**