

February 19, 2021

Friday

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

February 20, 2021

Saturday

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

February 21, 2021

Sunday

All Day

CLOSED

February 22, 2021

Monday

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
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
12:00 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

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February 22, 2021 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
7:00 PM - 8:00 PM	Adult Lap Swim/Water Walking-6 max -- Training Pool: 7' depth

February 23, 2021

Tuesday

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

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February 23, 2021 Continued

Tuesday

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

February 24, 2021

Wednesday

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

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February 24, 2021 Continued

Wednesday

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

February 25, 2021

Thursday

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

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February 25, 2021 Continued

Thursday

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

February 26, 2021

Friday

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

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February 27, 2021

Saturday

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

February 28, 2021

Sunday

All Day

CLOSED