

# June 7 – June 13, 2021

## MONDAY, JUNE 7

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
830am-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

#### Family Swim

12-130pm  
145-315pm

### Training Pool

#### Lap Swim

6-7am – 7 Ins 7' & 7 Ins 4'  
7-8am – 11 Ins 7' & 7 Ins 4'  
8-9am – 11 Ins 7' & 7 Ins 4'  
9-10am -- 9 Ins 7' & 3 Ins 4'  
10-11am -- 7 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 6 Ins 7' & 7 Ins 4'  
1-2pm – 10 Ins 7' & 7 Ins 4'  
3-4pm – 11 Ins 7' & 5 Ins 4'  
4-5pm – 3 Ins 7' & 5 Ins 4'  
5-6pm – 4 Ins 7' & 5 Ins 4'  
6-7pm -- 2 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

## TUESDAY, JUNE 8

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
830am-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

#### Family Swim

12-130pm  
145-315pm

### Training Pool

#### Lap Swim

6-7am – 7 Ins 7' & 7 Ins 4'  
7-8am – 11 Ins 7' & 7 Ins 4'  
8-9am – 11 Ins 7' & 7 Ins 4'  
9-10am -- 9 Ins 7' & 5 Ins 4'  
10-11am -- 7 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 4 Ins 7' & 5 Ins 4'  
1-2pm – 8 Ins 7' & 5 Ins 4'  
3-4pm – 9 Ins 7' & 4 Ins 4'  
4-430pm – 9 Ins 7' & 4 Ins 4'  
430-5pm – 11 Ins 7' & 5 Ins 4'  
5-6pm -- 11 Ins 7' & 5 Ins 4'  
6-7pm -- 9 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

#### Fin Time

12-130pm – 4' & 7'

## WEDNESDAY, JUNE 9

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
830am-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

#### Family Swim

12-130pm  
145-315pm

### Training Pool

#### Lap Swim

6-7am – 7 Ins 7' & 4 Ins 4'  
7-730am – 11 Ins 7' & 4 Ins 4'  
730-8am – 11 Ins 7' & 7 Ins 4'  
8-9am – 11 Ins 7' & 7 Ins 4'  
9-10am -- 9 Ins 7' & 3 Ins 4'  
10-11am -- 7 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 7 Ins 7' & 7 Ins 4'  
1-2pm – 11 Ins 7' & 7 Ins 4'  
3-4pm – 6 Ins 7' & 5 Ins 4'  
4-415pm – 4 Ins 7' & 5 Ins 4'  
415-430pm – 1 Ins 7' & 5 Ins 4'  
430-5pm – 3 Ins 7' & 5 Ins 4'  
5-530pm – 3 Ins 7' & 5 Ins 4'  
530-6pm -- 5 Ins 7' & 5 Ins 4'  
6-7pm -- 5 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

## THURSDAY, JUNE 10

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
830am-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

#### Family Swim

12-130pm  
145-315pm

### Training Pool

#### Lap Swim

6-7am – 7 Ins 7' & 7 Ins 4'  
7-8am – 11 Ins 7' & 7 Ins 4'  
8-9am – 11 Ins 7' & 7 Ins 4'  
9-10am -- 9 Ins 7' & 5 Ins 4'  
10-11am -- 7 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 4 Ins 7' & 5 Ins 4'  
1-2pm – 8 Ins 7' & 5 Ins 4'  
3-4pm – 5 Ins 7' & 5 Ins 4'  
4-415pm – 5 Ins 7' & 5 Ins 4'  
415-430pm – 2 Ins 7' & 5 Ins 4'  
430-5pm – 4 Ins 7' & 5 Ins 4'  
5-530pm – 4 Ins 7' & 5 Ins 4'  
530-6pm -- 5 Ins 7' & 5 Ins 4'  
6-7pm -- 5 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

#### Fin Time

12-130pm – 4' & 7'

**FRIDAY, JUNE 11**

**Rec Pool**

**Water Fitness**

Senior H2O – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm

**Lap Swim & Water Walking**

7-830am – 5 lanes  
830am-315pm – 2 lanes

**Senior Open Swim**

9am-12pm

**Family Swim**

12-130pm  
145-315pm

**Training Pool**

**Lap Swim**

6-7am – 7 Ins 7' & 7 Ins 4'  
7-8am – 5 Ins 7' & 7 Ins 4'  
8-9am – 5 Ins 7' & 7 Ins 4'  
9-10am -- 9 Ins 7' & 5 Ins 4'  
10-11am -- 9 Ins 7' & 5 Ins 4'  
11am-12pm – 5 Ins 7' & 5 Ins 4'  
12-1pm – 4 Ins 7' & 7 Ins 4'  
1-2pm – 8 Ins 7' & 7 Ins 4'  
3-4pm – 9 Ins 7' & 7 Ins 4'  
4-5pm – 9 Ins 7' & 7 Ins 4'  
5-6pm – 11 Ins 7' & 7 Ins 4'  
6-7pm -- 11 Ins 7' & 7 Ins 4'

**Water Walking**

6am-2pm – 2 lanes  
3-7pm – 2 lanes

**Senior Open Swim**

9am-12pm – 4' & 7'

**SATURDAY, JUNE 12**

**Rec Pool**

**Water Fitness**

We Coach – 930-1030am  
Blast & Burn – 11am-12pm

**Lap Swim & Water Walking**

7-930am – 4 lanes  
930am-12pm – 2 lanes

**Family Swim**

12-130pm  
145-315pm

**Training Pool**

**Lap Swim**

7-8am – 4 Ins 7' & 8 Ins 4'  
8-9am – 2 Ins 7' & 8 Ins 4'  
9-10am -- 9 Ins 7' & 8 Ins 4'  
10-11am -- 9 Ins 7' & 8 Ins 4'  
11am-12pm – 9 Ins 7' & 8 Ins 4'  
12-1pm – 4 Ins 7' & 5 Ins 4'  
1-2pm – 4 Ins 7' & 5 Ins 4'  
2-3pm – 6 Ins 7' & 6 Ins 4'  
3-4pm – 7 Ins 7' & 5 Ins 4'  
4-5pm – 9 Ins 7' & 5 Ins 4'

**Fin Time**

12-2pm – 4' & 7'  
3-5pm – 4' & 7'

**SUNDAY, JUNE 13**

**CLOSED**

# June 14 – June 20, 2021

## MONDAY, JUNE 14

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes

### Training Pool

#### Lap Swim

6-7am – 6 Ins 7' & 7 Ins 4'  
7-8am – 10 Ins 7' & 7 Ins 4'  
8-9am – 10 Ins 7' & 7 Ins 4'  
9-10am -- 8 Ins 7' & 3 Ins 4'  
10-11am -- 6 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 6 Ins 7' & 7 Ins 4'  
1-2pm – 9 Ins 7' & 7 Ins 4'  
3-4pm – 10 Ins 7' & 5 Ins 4'  
4-5pm – 3 Ins 7' & 5 Ins 4'  
5-530pm – 4 Ins 7' & 5 Ins 4'  
530-6pm – 7 Ins 7' & 5 Ins 4'  
6-7pm -- 5 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

## TUESDAY, JUNE 15

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
11am-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

### Training Pool

#### Lap Swim

6-7am – 6 Ins 7' & 7 Ins 4'  
7-8am – 10 Ins 7' & 7 Ins 4'  
8-9am – 10 Ins 7' & 7 Ins 4'  
9-10am -- 8 Ins 7' & 5 Ins 4'  
10-11am -- 6 Ins 7' & 5 Ins 4'  
11am-12pm – 6 Ins 7' & 5 Ins 4'  
12-1pm – 8 Ins 7' & 5 Ins 4'  
1-2pm – 8 Ins 7' & 5 Ins 4'  
3-4pm – 8 Ins 7' & 5 Ins 4'  
4-430pm – 8 Ins 7' & 5 Ins 4'  
430-5pm – 10 Ins 7' & 5 Ins 4'  
5-6pm -- 11 Ins 7' & 5 Ins 4'  
6-7pm -- 9 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

#### Fin Time

12-130pm – 4' & 7'

## WEDNESDAY, JUNE 16

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes

### Training Pool

#### Lap Swim

6-7am – 6 Ins 7' & 4 Ins 4'  
7-730am – 10 Ins 7' & 4 Ins 4'  
730-8am – 10 Ins 7' & 7 Ins 4'  
8-9am – 10 Ins 7' & 7 Ins 4'  
9-10am -- 8 Ins 7' & 3 Ins 4'  
10-11am -- 6 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 6 Ins 7' & 7 Ins 4'  
1-2pm – 9 Ins 7' & 7 Ins 4'  
3-4pm – 5 Ins 7' & 5 Ins 4'  
4-415pm – 4 Ins 7' & 5 Ins 4'  
415-430pm – 1 Ins 7' & 5 Ins 4'  
430-5pm – 3 Ins 7' & 5 Ins 4'  
5-530pm – 4 Ins 7' & 5 Ins 4'  
530-6pm -- 5 Ins 7' & 5 Ins 4'  
6-7pm -- 5 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

## THURSDAY, JUNE 17

### Rec Pool

#### Water Fitness

Senior H20 – 830-930am  
We Coach – 945-1045am  
We Coach – 530-630pm

#### Lap Swim & Water Walking

7-830am – 5 lanes  
11am-530pm – 2 lanes

### Training Pool

#### Lap Swim

6-7am – 6 Ins 7' & 7 Ins 4'  
7-8am – 10 Ins 7' & 7 Ins 4'  
8-9am – 10 Ins 7' & 7 Ins 4'  
9-10am -- 8 Ins 7' & 5 Ins 4'  
10-11am -- 6 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 4 Ins 7' & 5 Ins 4'  
1-2pm – 3 Ins 7' & 5 Ins 4'  
3-4pm – 4 Ins 7' & 5 Ins 4'  
4-415pm – 4 Ins 7' & 5 Ins 4'  
415-430pm – 4 Ins 7' & 5 Ins 4'  
430-5pm – 6 Ins 7' & 5 Ins 4'  
5-530pm – 7 Ins 7' & 5 Ins 4'  
530-6pm -- 5 Ins 7' & 5 Ins 4'  
6-7pm -- 5 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

#### Fin Time

12-130pm – 4' & 7'

**FRIDAY, JUNE 18**

**Rec Pool**

**Water Fitness**

Senior H2O – 830-930am  
We Coach – 945-1045am  
Blast & Burn – 11am-12pm

**Lap Swim & Water Walking**

7-830am – 5 lanes

**Training Pool**

**Lap Swim**

6-7am – 6 Ins 7' & 7 Ins 4'  
7-8am – 10 Ins 7' & 7 Ins 4'  
8-9am – 10 Ins 7' & 7 Ins 4'  
9-10am -- 8 Ins 7' & 5 Ins 4'  
10-11am -- 6 Ins 7' & 5 Ins 4'  
11am-12pm – 3 Ins 7' & 5 Ins 4'  
12-1pm – 6 Ins 7' & 7 Ins 4'  
1-2pm – 3 Ins 7' & 7 Ins 4'  
3-4pm – 10 Ins 7' & 7 Ins 4'  
4-5pm – 10 Ins 7' & 7 Ins 4'  
5-6pm – 11 Ins 7' & 7 Ins 4'  
6-7pm -- 11 Ins 7' & 7 Ins 4'

**Water Walking**

6am-2pm – 2 lanes  
3-7pm – 2 lanes

**Senior Open Swim**

9am-12pm – 4' & 7'

**SATURDAY, JUNE 19**

**Rec Pool**

**Water Fitness**

We Coach – 930-1030am  
Blast & Burn – 11am-12pm

**Lap Swim & Water Walking**

7-930am – 4 lanes  
930am-12pm – 2 lanes

**Family Swim**

12-130pm  
145-315pm

**Training Pool**

**Lap Swim**

7-8am – 4 Ins 7' & 8 Ins 4'  
8-9am – 4 Ins 7' & 8 Ins 4'  
9-10am -- 11 Ins 7' & 8 Ins 4'  
10-11am -- 11 Ins 7' & 8 Ins 4'  
11am-12pm – 11 Ins 7' & 8 Ins 4'  
12-1pm – 6 Ins 7' & 5 Ins 4'  
1-2pm – 8 Ins 7' & 5 Ins 4'  
2-3pm – 10 Ins 7' & 6 Ins 4'  
3-4pm – 9 Ins 7' & 5 Ins 4'  
4-5pm – 9 Ins 7' & 5 Ins 4'

**Fin Time**

12-2pm – 4' & 7'  
3-5pm – 4' & 7'

**SUNDAY, JUNE 20**

**CLOSED**