

# July 19 – July 25, 2021

## MONDAY, JULY 19

### 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' & 2 Ins 4'  
7-730am – 11 Ins 7' & 7 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 – 4 Ins 7' & 5 Ins 4'  
12-1pm – 8 Ins 7' & 7 Ins 4'  
1-2pm – 7 Ins 7' & 7 Ins 4'

2-3pm – CLOSED

3-4pm – 10 Ins 7' & 5 Ins 4'  
4-5pm – 4 Ins 7' & 2 Ins 4'  
5-530pm – 1 Ins 7' & 2 Ins 4'  
530-6pm – 3 Ins 7' & 5 Ins 4'  
6-7pm -- 3 Ins 7' & 5 Ins 4'

#### Water Walking

6am-2pm – 2 lanes  
3-7pm – 2 lanes

#### Senior Open Swim

9am-12pm – 4' & 7'

## TUESDAY, JULY 20

### 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 – 5 Ins 7' & 2 Ins 4'  
7-730am – 9 Ins 7' & 7 Ins 4'  
730-8am – 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 – 7 Ins 7' & 2 Ins 4'  
12-1pm – 1 Ins 7' & 2 Ins 4'  
1-2pm – 1 Ins 7' & 5 Ins 4'

2-3pm -- CLOSED

3-4pm – 1 Ins 7' & 3 Ins 4'  
4-5pm – 9 Ins 7' & 7 Ins 4'  
5-6pm -- 5 Ins 7' & 7 Ins 4'  
6-7pm -- 3 Ins 7' & 7 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'

#### Deep Water Fitness

615-715am

## WEDNESDAY, JULY 21

### 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-330pm – 2 lanes  
330pm-4pm – **NO LANES**  
4pm-530pm – 2 lanes

#### Senior Open Swim

9am-12pm

#### Family Swim

12-130pm

### Training Pool

**CLOSED 6am-4pm**

#### Lap Swim

4-5pm – 6 Ins 7' & 4 Ins 4'  
5-545pm -- 6 Ins 7' & 4 Ins 4'  
545-6pm -- 9 Ins 7' & 6 Ins 4'  
6-7pm -- 9 Ins 7' & 6 Ins 4'

## THURSDAY, JULY 22

### 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

**CLOSED 6am-4pm**

#### Lap Swim

4-5pm – 6 Ins 7' & 4 Ins 4'  
5-545pm – 6 Ins 7' & 4 Ins 4'  
545-6pm – 9 Ins 7' & 6 Ins 4'  
6-7pm – 9 Ins 7' & 6 Ins 4'

**FRIDAY, JULY 23**

**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**

**CLOSED 6am-4pm**

4-5pm – 5 Ins 7' & 8 Ins 4'  
5-545pm – 5 Ins 7' & 8 Ins 4'  
545-6pm -- 11 Ins 7' & 8 Ins 4'  
6-7pm – 11 Ins 7' & 8 Ins 4'

**SATURDAY, JULY 24**

**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**

**CLOSED**

**SUNDAY, JULY 25**

**CLOSED**