September 20 – September 26, 2021

MONDAY, SEPTEMBER 20

Rec Pool

Water Fitness

Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm

Lap Swim & Water Walking

<u>Time</u> <u>Lanes</u> 6-8am 5 8-530pm 2

Senior Open Swim 9am-12pm

Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

7' Deep

<u>Time</u>	<u>Lanes</u>
530-730am	4
730-830am	10
830-9am	11
9-1015am	8
1015am-12pm	9
12-4pm	11
4-5pm	2
5-7pm	4
7-8pm	8

4' Deep

<u>Time</u>	Lanes
530-9am	8
9am-12pm	6
12-4pm	8
4-430pm	6
430-530pm	3
530-7pm	1
7-8pm	8

Deep Water Fitness 915-1015am

TUESDAY, SEPTEMBER 21

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Training Pool

Senior Open Swim 9am-12pm

Water Fitness

Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm

Rec Pool

Lap Swim & Water Walking

<u>Time</u> <u>Lanes</u> 6-8am 5 8-530pm 2

Senior Open Swim 9am-12pm

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Family Swim 145-315pm

Lap Swim

<u>7' Deep</u>	
<u>Time</u>	Lanes
530-615am	4
615-730am	3
730-9am	11
9am-12pm	9
12-4pm	11
4-5pm	9
5-530pm	10
530-6pm	4
6-7pm	5

4' Deep

7-8pm

Time	Lanes
530-9am	8
9am-12pm	6
12-4pm	8
4-430pm	6
430-530pm	3
530-7pm	1
7-8pm	6

Deep Water Fitness 615-715am

WEDNESDAY, SEPTEMBER 22

Rec Pool

Water Fitness Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm

Lap Swim & Water Walking

<u>Time</u> <u>Lanes</u> 6-8am 5 8-530pm 2

Senior Open Swim 9am-12pm

Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

7' Deep

<u>Time</u>	<u>Lanes</u>
530-7am	1
7-730am	6
730-9am	10
9am-12pm	9
12-4pm	11
4-5pm	2
5-530pm	10
530-7pm	4
7-8pm	10

4' Deep

<u>Time</u>	<u>Lanes</u>
530-7am	3
7-730am	6
730-9am	8
9am-12pm	6
12-4pm	8
4-430pm	6
430-530pm	3
530-7pm	1
7-8pm	8

THURSDAY, SEPTEMBER 23

Rec Pool

Water Fitness Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm

Lap Swim & Water

 Walking

 Time
 Lanes

 6-8am
 5

 8-530pm
 2

Senior Open Swim 9am-12pm

Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

7' Deep

<u>Time</u>	Lanes
530-615am	4
615-730am	3
730-9am	11
9am-12pm	9
12-4pm	11
4-5pm	9
5-530pm	10
530-6pm	4
6-7pm	5
7-8pm	9

4' Deep

<u>Time</u>	<u>Lanes</u>
530-9am	8
9am-12pm	6
12-4pm	8
4-430pm	6
130-530pm	3
530-7pm	1
7-8pm	6

Deep Water Fitness 615-715am

FRIDAY, SE	PTEMBER 24		SATURDAY	, SEPTEMBER 25	1
Rec Pool	<u>Training</u>	<u>Pool</u>	Rec Pool	<u>Training l</u>	<u>Pool</u>
Water Fitness	Senior Ope	en Swim	Water Fitness	Lap Sw	im
Senior H20 – 8-9am	9am-12		We Coach – 930-1030am	7' Deer	<u>)</u>
We Coach – 915-1015am			Blast&Burn – 11am-12pm	<u>Time</u>	<u>Lanes</u>
	Lap Sv	wim		7-8am	11
Lap Swim & Water	<u>7' De</u>	ep_	Lap Swim & Water	8-830am	5
Walking			Walking	830-10am	3
<u>Time</u> <u>Lanes</u>	<u>Time</u>	<u>Lanes</u>	<u>Time</u> <u>Lanes</u>	10-1030am	11
6-8am 5	530-730am	4	7-930am 4	1030-11am	10
8-315pm 2	730-9am	11	930am-1230pm 2	11am-12pm	8
	9am-12pm	9		12-1pm	4 7
Senior Open Swim	12-4pm	11		1-2pm 2-5pm	9
9am-12pm	4-5pm	4		2-3pm	9
озр	5-630pm	5		4' Deer)
Family Swim	630-7pm 7-8pm	5 11		Time	<u>Lanes</u>
Family Swim	r-opin	11		7-10am	1
145-315pm	4' Dec	en		10-1115am	3
	Time	Lanes		1115am-12pm	4
	530-9am	8		12-1215pm	2
	9am-12pm	6		1215-5pm	6
	12-4pm	8			
	4-430pm	5		Fin Tim	ne
	430-530pm	3		12-2pm	1
	530-7pm	1			
	7-8pm	8	SUNDAY,	SEPTEMBER 26	

CLOSED

Fin Time 5-7pm

September 27 – October 3, 2021

MONDAY, SEPTEMBER 27

Rec Pool

Water Fitness Senior H20 - 8-9am We Coach - 530-630pm

Lap Swim & Water Walking

Time Lanes 6-8am 5 2 8-530pm

Senior Open Swim 9am-12pm

Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

<u>/ Deep</u>			
<u>Time</u>	Lanes		
530-730am	4		
730-830am	8		
830-9am	9		
9am-12pm	8		
12-4pm	11		
4-5pm	3		
5-7pm	5		
7-8pm	8		

4' Deep

<u>Time</u>	Lanes
530-9am	8
9am-12pm	6
12-4pm	8
4-430pm	6
430-5pm	3
5-530pm	2
530-7pm	1
7-8pm	8

Deep Water Fitness 915-1015am

TUESDAY, SEPTEMBER 28

Rec Pool

Training Pool Senior Open Swim 9am-12pm

Water Fitness

Senior H20 - 8-9am Aqua Dance - 530-630pm Lap Swim & Water

Walking Time <u>Lanes</u> 6-8am 5 8-530pm 2

Senior Open Swim 9am-12pm

Family	Swim
145-31	15pm

Lap Swim 7' Deep

Time **Lanes** 530-615am 4 615-730am 3 730-9am 10 9am-12pm 9 12-4pm 11 4-5pm 9 5-530pm 10 530-7pm 5 7-8pm

4' De<u>ep</u> Time Lanes 530-830am 8 6

830-9am 9-930am 4 6 930am-12pm 12-4pm 8 4-430pm 6 430-530pm 3 530-7pm 1 7-8pm 6

Deep Water Fitness 615-715am

WEDNESDAY, SEPTEMBER 29

Rec Pool

Water Fitness Senior H20 - 8-9am We Coach - 915-1015am We Coach - 530-630pm

Lap Swim & Water Walking

Time Lanes 5 6-8am 8-530pm

Senior Open Swim 9am-12pm

> Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

7' Deep

<u> Hille</u>	Lanes
530-7am	1
7-730am	6
730-9am	8
9am-12pm	9
12-4pm	11
4-5pm	3
5-530pm	11
530-7pm	5
7-8pm	10

4' <u>Deep</u>

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THURSDAY, SEPTEMBER 30

Rec Pool

Water Fitness Senior H20 - 8-9am We Coach - 915-1015am

We Coach - 530-630pm

Lap Swim & Water Walking

Time Lanes 6-8am 5 8-530pm

Senior Open Swim 9am-12pm

> Family Swim 145-315pm

Training Pool

Senior Open Swim 9am-12pm

Lap Swim

7' Deep

<u>Time</u>	<u>Lanes</u>
530-615am	4
615-730am	3
730-9am	9
9am-12pm	9
12-4pm	11
4-5pm	9
5-530pm	11
530-7pm	5
7-8nm	8

4' Doon

<u>4 Deep</u>				
<u>Time</u>	<u>Lanes</u>			
530-830am	8			
830-9am	6			
9-930am	4			
930am-12pm	6			
12-4pm	8			
4-430pm	6			
430-5pm	3			
5-530pm	2			
530-7pm	1			
7-8pm	6			

Deep Water Fitness 615-715am

FRIDAY, OCTOBER 1		SATURDAY, OCTOBER 2	
Rec Pool	Training Pool	Rec Pool	Training Pool
Water Fitness Senior H20 – 8-9am Aqua Dance – 915-1015am Lap Swim & Water Walking Time Lanes 6-8am 5 8-315pm 2 Senior Open Swim	Senior Open Swim 9am-12pm Lap Swim 7' Deep Time Lanes 530-730am 4 730-9am 9 9am-12pm 9 12-4pm 11 330-8pm 3	Water Fitness We Coach – 930-1030am Aqua Cond. – 11am-12pm Lap Swim & Water Walking Time Lanes 7-930am 4 930am-315pm 2	Lap Swim 7' Deep Time Lanes 7-8am 11 8-830am 5 830-10am 3 10am-12pm 11 12-1pm 8 1-2pm 9 2-5pm 11
9am-12pm Family Swim 145-315pm	4' Deep Time Lanes 530-9am 8 9am-12pm 6 12-4pm 8 4-5pm 1 5-8pm 8		4' DeepTimeLanes7-10am110-1115am31115am-1215pm41215-5pm8 Fin Time 12-2pm

Fin Time 5-7pm SUNDAY, OCTOBER 3

CLOSED