

September 20 – September 26, 2021

MONDAY, SEPTEMBER 20

Rec Pool

Water Fitness

Senior H2O – 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

Time	Lanes
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

Time	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

Rec Pool

Water Fitness

Senior H2O – 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

Time	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	8

4' Deep

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 H2O – 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

Time	Lanes
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

Time	Lanes
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 H2O – 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

Time	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

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

FRIDAY, SEPTEMBER 24**Rec Pool****Water Fitness**

Senior H2O – 8-9am
We Coach – 915-1015am

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-8am	5
8-315pm	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
730-9am	11
9am-12pm	9
12-4pm	11
4-5pm	4
5-630pm	1
630-7pm	5
7-8pm	11

4' Deep

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

Fin Time

5-7pm

SATURDAY, SEPTEMBER 25**Rec Pool****Water Fitness**

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

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
7-930am	4
930am-1230pm	2

Training Pool**Lap Swim****7' Deep**

<u>Time</u>	<u>Lanes</u>
7-8am	11
8-830am	5
830-10am	3
10-1030am	11
1030-11am	10
11am-12pm	8
12-1pm	4
1-2pm	7
2-5pm	9

4' Deep

<u>Time</u>	<u>Lanes</u>
7-10am	1
10-1115am	3
1115am-12pm	4
12-1215pm	2
1215-5pm	6

Fin Time

12-2pm

SUNDAY, SEPTEMBER 26

CLOSED

September 27 – October 3, 2021

MONDAY, SEPTEMBER 27

Rec Pool

Water Fitness

Senior H2O – 8-9am
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

Time	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

Time	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

Water Fitness

Senior H2O – 8-9am
Aqua Dance – 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

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	8

4' Deep

Time	Lanes
530-830am	8
830-9am	6
9-930am	4
930am-12pm	6
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 H2O – 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

Time	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' Deep

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

THURSDAY, SEPTEMBER 30

Rec Pool

Water Fitness

Senior H2O – 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

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

4' Deep

Time	Lanes
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**Rec Pool****Water Fitness**

Senior H2O – 8-9am
Aqua Dance – 915-1015am

**Lap Swim & Water
Walking**

<u>Time</u>	<u>Lanes</u>
6-8am	5
8-315pm	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
730-9am	9
9am-12pm	9
12-4pm	11
330-8pm	3

4' Deep

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

Fin Time

5-7pm

SATURDAY, OCTOBER 2**Rec Pool****Water Fitness**

We Coach – 930-1030am
Aqua Cond. – 11am-12pm

**Lap Swim & Water
Walking**

<u>Time</u>	<u>Lanes</u>
7-930am	4
930am-315pm	2

Training Pool**Lap Swim****7' Deep**

<u>Time</u>	<u>Lanes</u>
7-8am	11
8-830am	5
830-10am	3
10am-12pm	11
12-1pm	8
1-2pm	9
2-5pm	11

4' Deep

<u>Time</u>	<u>Lanes</u>
7-10am	1
10-1115am	3
1115am-1215pm	4
1215-5pm	8

Fin Time

12-2pm

SUNDAY, OCTOBER 3

CLOSED