

# September 13 – September 19, 2021

## MONDAY, SEPTEMBER 13

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water Walking

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

#### Senior Open Swim

9am-10am

#### 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 14

### Rec Pool

#### Water Fitness

Senior H20 – 8-9am  
Aqua Dance – 530-630pm

#### Lap Swim & Water Walking

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

#### Senior Open Swim

9am-10am

#### 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 15

### 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-10am

#### 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 16

### 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-10am

#### 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 17**

**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
8-530pm	2

Senior Open Swim

9am-10am

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 18**

**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 19**

**CLOSED**

# 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

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

#### Senior Open Swim

9am-10am

#### 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

615-715am

## TUESDAY, SEPTEMBER 21

### 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-10am

#### 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 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-10am

#### 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 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-10am

#### 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 H20 – 8-9am  
We Coach – 915-1015am

**Lap Swim & Water Walking**

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

**Senior Open Swim**

9am-10am

**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**