

October 11 - 17, 2021

MONDAY, OCTOBER 11

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

Time	Lanes
6-8am	5
8-530pm	2
630-8pm	2

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Senior Open Swim

9am-12pm

Lap Swim

7' Deep

Time	Lanes
530-730am	4
730-830am	10
830-9am	11
9am-12pm	9
12-4pm	11
4-6pm	3
6-7pm	2
7-8pm	5

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, OCTOBER 12

Rec Pool

Water Fitness

Senior H20 – 8-9am

We Coach – 915-1015am
Aqua Dance – 530-630pm
Blast & Burn – 645-745pm

Lap Swim & Water Walking

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

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Senior Open Swim

9am-12pm

Lap Swim

7' Deep

Time	Lanes
530-7am	4
7-730am	5
730-830am	10
830-10am	9
10am-12pm	8
12-1pm	10
1-4pm	11
4-5pm	9
5-530pm	8
530-6pm	2
6-7pm	3
7-8pm	5

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, OCTOBER 13

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
630-8pm	2

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Senior Open Swim

9am-12pm

Lap Swim

7' Deep

Time	Lanes
530-7am	1
7-730am	5
730-9am	8
9-930am	9
930am-12pm	7
12-1pm	9
1-4pm	11
4-5pm	3
5-530pm	11
530-7pm	4
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, OCTOBER 14

Rec Pool

Water Fitness

Senior H20 – 8-9am
We Coach – 915-1015am
We Coach – 530-630pm
Blast & Burn – 645-745pm

Lap Swim & Water Walking

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

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Senior Open Swim

9am-12pm

Lap Swim

7' Deep

Time	Lanes
530-615am	4
615-730am	3
730am-12pm	9
12-4pm	11
4-5pm	9
5-530pm	7
530-6pm	4
6-7pm	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 15

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
730am-12pm	9
12-4pm	11
4-430pm	3
430-6pm	2
6-7pm	7
7-8pm	11

4' Deep

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

Fin Time

5-7pm

SATURDAY, OCTOBER 16

Rec Pool

Water Fitness

We Coach – 930-1030am
Aqua Cond. – 1045-1145am

Lap Swim & Water Walking

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

Family Swim

Training Pool

Lap Swim

7' Deep

<u>Time</u>	<u>Lanes</u>
7-8am	11
8-830am	5
830-10am	3
10-11am	10
11-1130am	8
1130am-1230pm	6
1230-1pm	8
1-2pm	10
2-5pm	11

4' Deep

<u>Time</u>	<u>Lanes</u>
7am-1215pm	2
1215-2pm	4
2-5pm	8
7am-1215pm	2

Fin Time

12-2pm

SUNDAY, OCTOBER 17

CLOSED

