

October 22 - 31, 2021

FRIDAY, OCTOBER 22

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

Time	Lanes
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

Time	Lanes
530-7am	4
7-730am	5
730-9am	9
9am-4pm	11
4-5pm	4
5-7pm	5

4' Deep

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

Fin Time
5-7pm

SATURDAY, OCTOBER 23

Rec Pool

Water Fitness

We Coach – 930-1030am
Blast&Burn – 1045-1145am

Lap Swim & Water Walking

Time	Lanes
7-930am	4
930am-1230pm	2
1230-315	1

Family Swim

1230-130pm
145-315pm

Training Pool

Lap Swim

7' Deep

Time	Lanes
7-8am	11
8-830am	5
830-10am	3
10-11am	10
11-1130am	8
1130am-12pm	6
12-1230pm	4
1230-1pm	6
1-2pm	8
2-5pm	9

4' Deep

Time	Lanes
7-915am	2
915am-1215pm	1
1215-2pm	6
2-5pm	8

Fin Time
12-2pm

SUNDAY, OCTOBER 24

CLOSED

MONDAY, OCTOBER 25

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
530-7am	4
7-730am	5
730-830am	10
830-9am	11
9-1030am	10
1030am-4pm	11
4-5pm	3
5-7pm	4
7-8pm	8

4' Deep

Time	Lanes
530am-4pm	8
4-430pm	6
430-5pm	3
5-530pm	2
530-7pm	1
7-8pm	8

Deep Water Fitness
915-1015am

TUESDAY, OCTOBER 26

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
730-9am	9
9am-4pm	11
4-5pm	9
5-530pm	10
530-6pm	4
6-7pm	5
7-8pm	8

4' Deep

Time	Lanes
530-830am	8
830-930am	6
930am-4pm	8
4-430pm	6
430-530pm	3
530-7pm	1
7-8pm	6

WEDNESDAY, OCTOBER 27

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	6
730-830am	9
830am-4pm	11
4-5pm	3
5-530pm	11
530-7pm	4
7-8pm	10

4' Deep

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

THURSDAY, OCTOBER 28

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
530-7am	4
7-730am	5
730-9am	9
9am-4pm	11
4-5pm	9
5-530pm	10
530-6pm	4
6-7pm	5
7-8pm	8

4' Deep

Time	Lanes
530-830am	8
830-9am	6
9am-4pm	8
4-430pm	6
430-5pm	3
5-530pm	2
530-7pm	1
7-8pm	6

FRIDAY, OCTOBER 29

Rec 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
9am-12pm

Family Swim

145-315pm

Training Pool

Senior Open Swim
9am-12pm

Lap Swim
7' Deep

Time	Lanes
530-7am	4
7-730am	5
730-9am	9
9am-4pm	11
4-5pm	6
5-6pm	1
6-8pm	11

4' Deep

Time	Lanes
530am-4pm	8
4-430pm	6
430-530pm	4
530-8pm	8

Fin Time
5-7pm

SATURDAY, OCTOBER 30

Rec Pool

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

Lap Swim & Water Walking

Time	Lanes
7-930am	4
930am-1230pm	2
1230-315	1

Family Swim

1230-130pm
145-315pm

Training Pool

Lap Swim
7' Deep

Time	Lanes
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

Time	Lanes
7-9am	2
9-10am	6
10am-12pm	8
12-2pm	6
2-5pm	8

Fin Time
12-2pm

SUNDAY, OCTOBER 31

CLOSED