

January 10, 2022 – January 16, 2022

MONDAY, JANUARY 10

Rec Pool

Water Fitness

Senior H20 – 8-9am
We Coach – 915-1015am
Aqua Cond – 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' Depth

Time	Lanes
530-730am	4
730-9am	8
9am-4pm	11
4-530pm	0
530-630pm	4
630-7pm	2
7-8pm	5

4' Depth

Time	Lanes
530-630am	8
630-7am	3
7-730am	2
730am-4pm	8
4-430pm	5
430-530pm	2
530-7pm	1
7-8pm	8

TUESDAY, JANUARY 11

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

Time	Lanes
6-8am	5
8am-330pm	2
330-530pm	3
530-7am	1

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Senior Open Swim

9am-1130am

Lap Swim

7' Depth

Time	Lanes
530-7am	4
7-730am	5
730-9am	9
9am-4pm	11
4-5pm	0
5-7pm	1
7-8pm	6

4' Depth

Time	Lanes
530-7am	4
7-830am	8
830-930am	6
930am-5pm	8
5-6pm	2
6-7pm	1
7-8pm	4

WEDNESDAY, JANUARY 12

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
8am-530pm	2
630-8pm	2

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Lap Swim

7' Depth

Time	Lanes
530-7am	1
7-730am	5
730-830am	9
830am-4pm	11
4-5pm	1
5-7pm	4
7-8pm	7

4' Depth

Time	Lanes
530-7am	6
7-730am	7
730am-4pm	8
4-430pm	5
430-530pm	2
530-7pm	1
7-8pm	8

THURSDAY, JANUARY 13

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
8am-330pm	2
330-530pm	3
530-7am	1

Senior Open Swim

9am-12pm

Family Swim

145-315pm
7-8pm

Training Pool

Lap Swim

7' Depth

Time	Lanes
530-730am	4
730-9am	9
9am-4pm	11
4-430pm	1
430-5pm	0
5-7pm	1
7-8pm	4

4' Depth

Time	Lanes
530-7am	3
7am-330pm	8
330-6pm	2
6-7pm	1
7-8pm	3

FRIDAY, JANUARY 14

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

Lap Swim

7' Depth

<u>Time</u>	<u>Lanes</u>
530-7am	5
7-730am	6
730-9am	9
9am-2pm	11
2-3pm	9
3-4pm	11
4-5pm	2
5-7pm	0
7-830pm	4

4' Depth

<u>Time</u>	<u>Lanes</u>
530-630am	8
630-730am	3
730am-4pm	8
4-430pm	4
430-7pm	2
7-830pm	8

SATURDAY, JANUARY 15

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

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

Family Swim

Training Pool

Lap Swim

7' Depth

<u>Time</u>	<u>Lanes</u>
7-730am	11
730-830	4
830-9am	2
9-10am	0
10-1130am	4
1130am-1230pm	1
1230-2pm	4
2-430pm	11
430-5pm	4

4' Depth

<u>Time</u>	<u>Lanes</u>
7-8am	8
8-10am	2
10am-12pm	8
12-1245pm	6
1245-5pm	8

SUNDAY, JANUARY 16

CLOSED