

June 20 – 26, 2022

MONDAY, JUNE 20

<u>Rec Pool</u>	<u>Training Pool</u>
<u>Water Fitness</u>	<u>Lap Swim</u>
Senior H20 – 8-9am We Coach – 915-1015am Aqua Cond. – 530-630pm	<u>7' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-7am 3
	7-8am 7
	8-9am 11
	9-130am 9
	1030-1130am 7
	1130am-1230pm 4
	1230-130pm 6
	130-2pm 10
	2-4pm 11
	4-5pm 4
	5-530pm 6
	530-7pm 9
	<u>4' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-11am 8
	11am-12pm 4
	12-2pm 8
	2-4pm 7
	4-5pm 2
	5-630pm 7
	630-7pm 8
<u>Senior Open Swim</u>	
9am-12pm	
<u>Family Swim</u>	
1230-2PM	
215-345PM	
<u>Deep Water Fitness</u>	
Senior H20 – 8-9am	

TUESDAY, JUNE 21

<u>Rec Pool</u>	<u>Training Pool</u>
<u>Water Fitness</u>	<u>Lap Swim</u>
Senior H20 – 8-9am Aqua Dance – 915-1015am We Coach – 530-630pm	<u>7' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-1030am 11
	1030-1130am 7
	1130am-1230pm 4
	1230-130pm 9
	130-2pm 10
	2-330pm 11
	330-4pm 10
	4-5pm 7
	5-6pm 9
	6-7pm 8
	<u>4' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-11am 8
	11am-12pm 4
	12-2pm 8
	2-630pm 7
	630-7pm 8
<u>Senior Open Swim</u>	
9am-12pm	
<u>Family Swim</u>	
1230-2PM	
215-345PM	

WEDNESDAY, JUNE 22

<u>Rec Pool</u>	<u>Training Pool</u>
<u>Water Fitness</u>	<u>7' Lanes</u>
Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm	<u>Time</u> <u>Lanes</u>
	6-9am 11
	9-10am 9
	10-1130am 7
	1130am-1230pm 4
	1230-130pm 9
	130-2pm 10
	2-4pm 11
	4-5pm 7
	5-6pm 9
	6-7pm 8
	<u>4' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-11am 8
	11am-12pm 4
	12-230pm 8
	230-4pm 7
	4-5pm 2
	5-630pm 7
	630-7pm 8
<u>Senior Open Swim</u>	
9am-12pm	
<u>Family Swim</u>	
1230-2PM	
215-345PM	

THURSDAY, JUNE 23

<u>Rec Pool</u>	<u>Training Pool</u>
<u>Water Fitness</u>	<u>Lap Swim</u>
Senior H20 – 8-9am We Coach – 915-1015am We Coach – 530-630pm	<u>7' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6-11am 11
	11-1130am 7
	1130am-12pm 4
	12-1230pm 8
	1230-130pm 9
	130-2pm 10
	2-330pm 5
	330-4pm 4
	4-5pm 3
	5-530pm 4
	530-7pm 2
	<u>4' Lanes</u>
	<u>Time</u> <u>Lanes</u>
	6am-230pm 8
	230-4pm 7
	4-530pm 2
	530-6pm 7
	6-7pm 8
<u>Senior Open Swim</u>	
9am-12pm	
<u>Family Swim</u>	
1230-2PM	
215-345PM	

FRIDAY, JUNE 24

Rec Pool

Water Fitness

Senior H2O – 8-9am

Aqua Dance – 915-1015am

Lap Swim & Water

Walking

Time Lanes

6-8am 4

8-1015am 2

1015-1230pm 4

1230-315pm 2

Senior Open Swim

9am-12pm

Family Swim

1230-145pm

2-315pm

Training Pool

Lap Swim

7' Lanes

Time Lanes

6-730am 2

730-8am 5

8-1130am 6

1130am-1230pm 3

1230-130pm 9

130-330pm 6

330-5pm 11

5-530pm 10

530-7pm 5

4' Lanes

Time Lanes

6-8am 2

8am-5pm 8

5-7pm 2

Fin Time

5-7pm

SATURDAY, JUNE 25

Rec Pool

Water Fitness

We Coach – 930-1030am

Blast&Burn – 1045-1145am

Lap Swim & Water

Walking

Time Lanes

7-9am 4

9-930am 2

930am-1230pm 1

Family Swim

1230-145pm

2-315pm

Training Pool

Lap Swim

7' Lanes

Time Lanes

7-830am 5

830-9am 0

9-10am 6

10-11am 4

11am-12pm 2

12-1pm 4

1-330pm 5

330-5pm 6

4' Lanes

Time Lanes

7-845am 8

845-9am 7

9-10am 5

10-11am 7

11-1130am 6

1130am-2pm 7

2-5pm 8

Fin Time

130-330pm

SUNDAY, JUNE 26

CLOSED