

# August 1 – August 7, 2022

## MONDAY, AUGUST 1

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b> 8-9am 915-1015am 530-630pm	<b>Lap Swim</b>  <b>7' Lanes</b> <u>Time</u> <u>Lanes</u> 6-9am            11 9-1015am        6 1015am-1pm     7 1-4pm             11 4-7pm             9
<b>Lap Swim &amp; Water Walking</b> <u>Time</u> <u>Lanes</u> 6-8am            4 8-915am         3 915-1015am     1 1015am-1230pm 3 1230-345pm     2 345-530pm      3 530-7pm         1	<b>4' Lanes</b> <u>Time</u> <u>Lanes</u> 6-730am         4 730am-4pm      8 4-5pm             6 5-7pm             8
<b>Senior Open Swim</b> 9am-12pm	<b>Deep Water Fitness</b> 915-1015am
<b>Family Swim</b> 1230-2PM 215-345PM	

## TUESDAY, AUGUST 2

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b> 8-9am 915-1015am 530-630pm	<b>Lap Swim</b>  <b>7' Lanes</b> <u>Time</u> <u>Lanes</u> 6-9am            11 9am-1pm         7 1-4pm             11 4-5pm             7 5-7pm             9
<b>Lap Swim &amp; Water Walking</b> <u>Time</u> <u>Lanes</u> 6-915am         3 915-1015am     1 1015am-1230pm 3 1230-345pm     2 345-530pm      3 530-7pm         1	<b>4' Lanes</b> <u>Time</u> <u>Lanes</u> 6-730am         4 730am-7pm      8
<b>Senior Open Swim</b> 9am-12pm	
<b>Family Swim</b> 1230-2PM 215-345PM	

## WEDNESDAY, AUGUST 3

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b> 8-9am 915-1015am 530-630pm	<b>Lap Swim</b>  <b>7' Lanes</b> <u>Time</u> <u>Lanes</u> 6-9am            11 9am-1pm         7 1-4pm             11 4-7pm             9
<b>Lap Swim &amp; Water Walking</b> <u>Time</u> <u>Lanes</u> 6-8am            4 9-915am         3 915-1015am     1 1015am-1230pm 3 1230-345pm     2 345-530pm      3 530-7pm         1	<b>4' Lanes</b> <u>Time</u> <u>Lanes</u> 6-730am         4 730am-4pm      8 4-5pm             6 5-7pm             8
<b>Senior Open Swim</b> 9am-12pm	
<b>Family Swim</b> 1230-2PM 215-345PM	

## THURSDAY, AUGUST 4

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b> 8-9am 915-1015am 530-630pm	<b>Lap Swim</b>  <b>7' Lanes</b> <u>Time</u> <u>Lanes</u> 6-9am            11 9am-1pm         7 1-4pm             11 4-5pm             7 5-7pm             9
<b>Lap Swim &amp; Water Walking</b> <u>Time</u> <u>Lanes</u> 6-915am         3 915-1015am     1 1015am-1230pm 3 1230-3pm        2 3-330pm         1 330-4pm         2 4-530pm         3 530-7pm         1	<b>4' Lanes</b> <u>Time</u> <u>Lanes</u> 6-730am         4 730am-7pm      8
<b>Senior Open Swim</b> 9am-12pm	
<b>Family Swim</b> 1230-2PM 215-345PM	

**FRIDAY, AUGUST 5**

**Rec Pool**

**Water Fitness**

8-9am  
915-1015am

**Lap Swim & Water Walking**

<u>Time</u>	<u>Lanes</u>
6-8am	4
8-915am	3
915-1015am	2
1015am-1230pm	4
1230-315pm	2

**Senior Open Swim**

9am-12pm

**Family Swim**

1230-145pm  
2-315pm

**Training Pool**

**Lap Swim**

**7' Lanes**

<u>Time</u>	<u>Lanes</u>
6-730am	7
730am-5pm	11
5-7pm	10

**4' Lanes**

<u>Time</u>	<u>Lanes</u>
6am-7pm	8

**SATURDAY, AUGUST 6**

**Rec Pool**

**Water Fitness**

930-1030am  
1045-1145am

**Lap Swim & Water Walking**

<u>Time</u>	<u>Lanes</u>
7-930am	4
930am-1230pm	1

**Family Swim**

1230-145pm  
2-315pm

**Training Pool**

**Lap Swim**

**7' Lanes**

<u>Time</u>	<u>Lanes</u>
7-10am	11
10-11am	9
11am-12pm	7
12-1pm	9
1-330pm	10
330-5pm	11

**4' Lanes**

<u>Time</u>	<u>Lanes</u>
7-9am	8
9-10am	6
10am-5pm	8

**SUNDAY, AUGUST 7**

**CLOSED**