

August 8 – August 14, 2022

MONDAY, AUGUST 8

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

TUESDAY, AUGUST 9

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

WEDNESDAY, AUGUST 10

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

THURSDAY, AUGUST 11

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

FRIDAY, AUGUST 12

Rec Pool

Water Fitness

8-9am

915-1015am

Lap Swim & Water

Walking

Time Lanes

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

Time Lanes

6-730am 7

730am-5pm 11

5-7pm 10

4' Lanes

Time Lanes

6am-7pm 8

SATURDAY, AUGUST 13

Rec Pool

Water Fitness

930-1030am

1045-1145am

Lap Swim & Water

Walking

Time Lanes

7-930am 4

930am-1230pm 1

Family Swim

1230-145pm

2-315pm

Training Pool

Lap Swim

7' Lanes

Time Lanes

7-10am 11

10-11am 9

11am-12pm 7

12-1pm 9

1-330pm 10

330-5pm 11

4' Lanes

Time Lanes

7-9am 8

9-10am 6

10am-5pm 8

SUNDAY, AUGUST 14

CLOSED