

# November 21 – November 27, 2022

## MONDAY, NOVEMBER 21

<p><b><u>Rec Pool</u></b> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim &amp; Water Walking</p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>6-745am</td><td>4</td></tr> <tr><td>745-945am</td><td>2</td></tr> <tr><td>945-1030am</td><td>4</td></tr> <tr><td>1030am-315pm</td><td>2</td></tr> <tr><td>315-530pm</td><td>4</td></tr> <tr><td>530-7pm</td><td>2</td></tr> </tbody> </table> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 145-315pm</p>	<u>Time</u>	<u>Lanes</u>	6-745am	4	745-945am	2	945-1030am	4	1030am-315pm	2	315-530pm	4	530-7pm	2	<p><b><u>Training Pool</u></b> Lap Swim</p> <p><b><u>7' Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>530-7am</td><td>4</td></tr> <tr><td>7-730am</td><td>6</td></tr> <tr><td>730-815am</td><td>9</td></tr> <tr><td>815-930am</td><td>10</td></tr> <tr><td>930-11am</td><td>6</td></tr> <tr><td>11am-4pm</td><td>11</td></tr> <tr><td>4-430pm</td><td>5</td></tr> <tr><td>430-5pm</td><td>1</td></tr> <tr><td>5-7pm</td><td>6</td></tr> <tr><td>7-8pm</td><td>2</td></tr> </tbody> </table> <p><b><u>4' Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>530-730am</td><td>6</td></tr> <tr><td>730am-4pm</td><td>8</td></tr> <tr><td>4-430pm</td><td>2</td></tr> <tr><td>430-730pm</td><td>1</td></tr> <tr><td>730-8pm</td><td>8</td></tr> </tbody> </table> <p>Deep Water Fitness 915-1015am</p>	<u>Time</u>	<u>Lanes</u>	530-7am	4	7-730am	6	730-815am	9	815-930am	10	930-11am	6	11am-4pm	11	4-430pm	5	430-5pm	1	5-7pm	6	7-8pm	2	<u>Time</u>	<u>Lanes</u>	530-730am	6	730am-4pm	8	4-430pm	2	430-730pm	1	730-8pm	8
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## TUESDAY, NOVEMBER 22

<p><b><u>Rec Pool</u></b> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim &amp; Water Walking</p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>6-745am</td><td>4</td></tr> <tr><td>745-945am</td><td>2</td></tr> <tr><td>945am-145pm</td><td>4</td></tr> <tr><td>145-530pm</td><td>2</td></tr> <tr><td>530-630pm</td><td>0</td></tr> <tr><td>630-7pm</td><td>2</td></tr> </tbody> </table> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 145-315pm</p>	<u>Time</u>	<u>Lanes</u>	6-745am	4	745-945am	2	945am-145pm	4	145-530pm	2	530-630pm	0	630-7pm	2	<p><b><u>Training Pool</u></b> Lap Swim</p> <p><b><u>7' Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>530-7am</td><td>4</td></tr> <tr><td>7-730am</td><td>6</td></tr> </tbody> </table> <p><b><u>4'Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>530-730am</td><td>8</td></tr> </tbody> </table> <p><b><u>50 meter Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>1230-330pm</td><td>8</td></tr> <tr><td>330-4pm</td><td>6</td></tr> <tr><td>4-430pm</td><td>3</td></tr> <tr><td>430-730pm</td><td>1</td></tr> <tr><td>730-8pm</td><td>5</td></tr> </tbody> </table> <p><b><u>25 meter Lanes</u></b></p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>1230-4pm</td><td>2</td></tr> <tr><td>4-5pm</td><td>0</td></tr> <tr><td>5-8pm</td><td>2</td></tr> </tbody> </table> <p><b><u>Competition Pool</u></b> Lap Swim</p> <table border="0"> <thead> <tr> <th><u>Time</u></th> <th><u>Lanes</u></th> </tr> </thead> <tbody> <tr><td>730-930am</td><td>12</td></tr> <tr><td>930-11am</td><td>8</td></tr> <tr><td>11am-1230pm</td><td>12</td></tr> </tbody> </table>	<u>Time</u>	<u>Lanes</u>	530-7am	4	7-730am	6	<u>Time</u>	<u>Lanes</u>	530-730am	8	<u>Time</u>	<u>Lanes</u>	1230-330pm	8	330-4pm	6	4-430pm	3	430-730pm	1	730-8pm	5	<u>Time</u>	<u>Lanes</u>	1230-4pm	2	4-5pm	0	5-8pm	2	<u>Time</u>	<u>Lanes</u>	730-930am	12	930-11am	8	11am-1230pm	12
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## WEDNESDAY, NOVEMBER 23

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## THURSDAY, NOVEMBER 24

**CLOSED**

**FRIDAY, NOVEMBER 25**

**Reduced Hours: 7am-12pm**

**Rec Pool**

Lap Swim & Water  
Walking

<u>Time</u>	<u>Lanes</u>
7am-12pm	4

**Training Pool**

Lap Swim

**50 meter Lanes**

<u>Time</u>	<u>Lanes</u>
7-930am	5
930-11am	4
11am-12pm	5

Senior Open Swim

9am-12pm

**25 meter Lanes**

<u>Time</u>	<u>Lanes</u>
7-10am	2
10-11am	0
11am-12pm	2

**SATURDAY, NOVEMBER 26**

**Reduced Hours: 7am-3pm**

**Rec Pool**

Lap Swim & Water  
Walking

<u>Time</u>	<u>Lanes</u>
7am-1230pm	4
1230-3pm	0

Family Swim

130-3pm

**Training Pool**

Lap Swim

**50 meter Lanes**

<u>Time</u>	<u>Lanes</u>
7-830am	2
830-9am	1
9-10am	4
10am-3pm	5

**25 meter Lanes**

<u>Time</u>	<u>Lanes</u>
7-9am	2
9-10am	0
10am-3pm	2

Family Lap Swim

1230-3pm

**SUNDAY, NOVEMBER 27**

**CLOSED**