

# November 28 – December 4, 2022

## MONDAY, NOVEMBER 28

**2<sup>nd</sup> Grade LTS in rec pool 1030am-130pm**

### Rec Pool

#### Water Fitness

745-845am  
845-945am  
530-630pm

### Training Pool

#### Lap Swim

#### 50 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	1

#### Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-815am	2
815-945am	3
945-1030am	4
1030am-315pm	2
315-530pm	4
530-7pm	2

#### 25 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	2

#### Deep Water Fitness

915-1015am

#### Senior Open Swim

9am-12pm

#### Family Swim

145-315pm

## TUESDAY, NOVEMBER 29

**2<sup>nd</sup> Grade LTS in rec pool 1030am-130pm**

### Rec Pool

#### Water Fitness

745-845am  
845-945am  
530-630pm

### Training Pool

#### Lap Swim

#### 50 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	1

#### Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-945am	2
945-1030am	4
1030am-4pm	2
4-530pm	2
530-7pm	1

#### 25 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	2

#### Senior Open Swim

9am-12pm

#### Family Swim

145-315pm

## WEDNESDAY, NOVEMBER 30

**2<sup>nd</sup> Grade LTS in rec pool 1030am-130pm**

### Rec Pool

#### Water Fitness

745-845am  
845-945am  
530-630pm

### Training Pool

#### Lap Swim

#### 50 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	1

#### Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-815am	2
815-945am	3
945-1030am	4
1030am-315pm	2
315-530pm	4
530-7pm	2

#### 25 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	2

#### Senior Open Swim

9am-12pm

#### Family Swim

145-315pm

## THURSDAY, DECEMBER 1

**2<sup>nd</sup> Grade LTS in rec pool 1030am-130pm**

### Rec Pool

#### Water Fitness

745-845am  
845-945am  
530-630pm

### Training Pool

#### Lap Swim

#### 50 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	1

#### Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-945am	2
945-1030am	4
1030am-4pm	2
4-530pm	2
530-7pm	1

#### 25 meter Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	1

#### Senior Open Swim

9am-12pm

#### Family Swim

145-315pm

**FRIDAY, DECEMBER 2****2<sup>nd</sup> Grade LTS in rec pool 1030am-130pm****Rec Pool****Water Fitness**

745-845am

845-945am

**Training Pool****Lap Swim****50 meter Lanes**

<u>Time</u>	<u>Lanes</u>
530-7am	1

**25 meter Lanes**

<u>Time</u>	<u>Lanes</u>
530-7am	2

**Lap Swim & Water  
Walking**

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-945am	2
945-1030am	4
1030am-130pm	2
130-3pm	4

**Senior Open Swim**

9am-12pm

**Family Swim**

130-3pm

**SATURDAY, DECEMBER 3****Rec Pool****Water Fitness**

8-9am

**Training Pool****CLOSED****Lap Swim & Water  
Walking**

<u>Time</u>	<u>Lanes</u>
7-8am	4
8-9am	1
9am-3pm	4

**Family Swim**

130-3pm

**SUNDAY, DECEMBER 4****CLOSED**