

January 23 – January 29, 2023

MONDAY, JANUARY 23

<p><u>Rec Pool</u> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim & Water Walking <u>Time</u> <u>Lanes</u> 7-745am 4 745-945am 2 945am-12pm 4</p> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 1-3pm</p>	<p><u>Training Pool</u> Lap Swim</p> <p><u>7' Lanes</u> <u>Time</u> <u>Lanes</u> 530-730am 4 730-8am 6 8-9am 8 9am-4pm 11 4-430pm 5 430-6pm 1 6-630pm 4 630-730pm 0 730-8pm 5</p> <p><u>4' Lanes</u> <u>Time</u> <u>Lanes</u> 530am-4pm 8 4-430pm 5 430-630pm 2 630-7pm 7 7-8pm 0</p> <p>Deep Water Fitness 9-10am</p>
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TUESDAY, JANUARY 24

<p><u>Rec Pool</u> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim & Water Walking <u>Time</u> <u>Lanes</u> 6-745am 4 745-1130am 2 1130am-4pm 4 4-530pm 3 530-7pm 1</p> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 1-3pm</p>	<p><u>Training Pool</u> Lap Swim</p> <p><u>7' Lanes</u> <u>Time</u> <u>Lanes</u> 530-7am 4 7-730am 5 730-9am 9 9am-4pm 11 4-430pm 3 430-530pm 2 530-6pm 0 6-630pm 2 630-730pm 0 730-8pm 5</p> <p><u>4' Lanes</u> <u>Time</u> <u>Lanes</u> 530am-4pm 8 4-430pm 6 430-6pm 1 6-7pm 1 7-730pm 5 730-8pm 7</p>
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WEDNESDAY, JANUARY 25

<p><u>Rec Pool</u> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim & Water Walking <u>Time</u> <u>Lanes</u> 6-745am 4 745-945am 2 945am-530pm 4 530-7pm 2</p> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 1-3pm</p>	<p><u>Training Pool</u> Lap Swim</p> <p><u>7' Lanes</u> <u>Time</u> <u>Lanes</u> 530-730am 2 730-8am 7 8-9am 9 9am-4pm 11 4-430pm 5 430-5pm 1 5-530pm 4 530-7pm 5 7-8pm 11</p> <p><u>4' Lanes</u> <u>Time</u> <u>Lanes</u> 530-6am 3 6-730am 1 730am-4pm 8 4-530pm 2 530-730pm 1 730-8pm 8</p>
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THURSDAY, JANUARY 26

<p><u>Rec Pool</u> Water Fitness 745-845am 845-945am 530-630pm</p> <p>Lap Swim & Water Walking <u>Time</u> <u>Lanes</u> 6-745am 4 745-1130am 2 1130am-4pm 4 4-530pm 3 530-7pm 1</p> <p>Senior Open Swim 9am-12pm</p> <p>Family Swim 1-3pm</p>	<p><u>Training Pool</u> Lap Swim</p> <p><u>7' Lanes</u> <u>Time</u> <u>Lanes</u> 530-7am 4 7-730am 6 730-9am 9 9am-4pm 11 4-430pm 2 430-7pm 0 7-730pm 2 730-8pm 7</p> <p><u>4' Lanes</u> <u>Time</u> <u>Lanes</u> 530am-4pm 8 4-430pm 6 430-6pm 1 6-7pm 2 7-730pm 4 730-8pm 6</p>
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FRIDAY, JANUARY 27

Rec Pool

Water Fitness

745-845am
845-945am

Lap Swim & Water

Walking

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

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

7' Lanes

<u>Time</u>	<u>Lanes</u>
530-7am	4
7-730am	6
730-9am	9
9am-4pm	11
4-5pm	5
5-530pm	8
530-730pm	1
730-8pm	4

4' Lanes

<u>Time</u>	<u>Lanes</u>
530am-4pm	8
4-430pm	6
430-5pm	3
5-6pm	1
6-7pm	4
7-730pm	6
730-8pm	8

SATURDAY, JANUARY 28

Rec Pool

Lap Swim & Water

Walking

<u>Time</u>	<u>Lanes</u>
7-8am	4
8am-1230pm	3

Family Swim

1-3pm

Training Pool

Fitness

1130am-1230pm

Lap Swim

7' Lanes

<u>Time</u>	<u>Lanes</u>
7-815am	7
815-9am	0
9am-1pm	2
1-3pm	4
3-5pm	2

4' Lanes

<u>Time</u>	<u>Lanes</u>
7-830am	3
830-10am	1
10-1130am	4
1130am-1230pm	2
1230-230pm	1
230-5pm	5

Fin Time

3-5pm

SUNDAY, JANUARY 29

CLOSED