

September 11 – September 17, 2023

MONDAY, SEPTEMBER 11

2ND Grade LTS in Rec Pool 1015am-1230pm

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

TUESDAY, SEPTEMBER 12

2ND Grade LTS in Rec Pool 1015am-1230pm

<u>Rec Pool</u>		<u>Training Pool</u>	
Water Fitness		Lap Swim	
745-845am		7' Deep Lanes (SCY)	
845-945am		<u>Time</u>	<u>Lanes</u>
530-630pm		530am-4pm	11
Lap Swim & Water		4-430pm	7
Walking		430-8pm	1
<u>Time</u>	<u>Lanes</u>	4' Deep Lanes (SCY)	
6-745am	4	<u>Time</u>	<u>Lanes</u>
745am-1pm	2	530am-4pm	8
1-4pm	2	4-430pm	3
4-530pm	3	430-7pm	1
530-7pm	1	7-8pm	8
Senior Open Swim			
9am-12pm			

WEDNESDAY, SEPTEMBER 13

2ND Grade LTS in Rec Pool 1015am-1230pm

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

THURSDAY, SEPTEMBER 14

2ND Grade LTS in Rec Pool 1015am-1230pm

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

FRIDAY, SEPTEMBER 15

2ND Grade LTS in Rec Pool 1015am-1230pm

Rec Pool

Water Fitness

745-845am
845-945am

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
6-745am	4
745am-1pm	2
1-3pm	4

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

<u>Time</u>	<u>Lanes</u>
530-7am	4
7-730am	5
730am-430pm	11
430-6pm	1
6-8pm	5

4' Deep Lanes (SCY)

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

SATURDAY, SEPTEMBER 16

Rec Pool

Water Fitness

1045-1145am

Lap Swim & Water Walking

<u>Time</u>	<u>Lanes</u>
7-8am	4
8-1045am	3
1045-1145am	1
1145am-1230pm	4

Family Swim

1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

<u>Time</u>	<u>Lanes</u>
7-8am	7
8-9am	1
9-10am	5
10-11am	9
11am-12pm	8
12-2pm	9
2-3pm	11
3-5pm	9

4' Deep Lanes (SCY)

<u>Time</u>	<u>Lanes</u>
7-930am	3
930-1030am	1
1030am-12pm	4
12-5pm	8

Fin Time

3-5pm

SUNDAY, SEPTEMBER 17

CLOSED