September 18 – September 24, 2023

MONDAY, SEPTEMBER 18

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

Rec Pool
Water Fitness
745-845am
845-945am
530-630pm
Lan Swim & Wate

Lap Swim & Water Walking

<u>Time</u>	Lanes
6-745am	4
745am-1pm	2
1-4pm	3
4-530pm	4
530-7pm	2

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
730-9am	11
9-10am	10
10am-430pm	11
430-8pm	1

4' Deep Lanes (SCY) Time Lanes

8
5
1
8

Deep Water Fitness 9-10am

TUESDAY, SEPTEMBER 19

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

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

Famil	y	Swim
1-	3p	om

4' Deep Lanes	(SCY)
Time	Lanes
530am-4pm	8
4-430pm	5
430-530pm	1
530-7pm	2
7-8pm	8

WEDNESDAY, SEPTEMBER 20

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

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

<u> </u>
530
4-
43
7

Family Swim 1-3pm

530-7pm

4' Deep Lanes	(SCY)
Time	Lanes
530am-4pm	8
4-430pm	5
430-7pm	1
7-8nm	8

THURSDAY, SEPTEMBER 21 2ND Grade LTS in Rec Pool 1015am-1230pm

Rec Pool Water Fitnes	Rec Pool Water Fitness Training Pool		<u>ool</u>
745-845am		Lap Swir	n
845-945am		7' Deep Lanes	
530-630pm		Time	Lanes
		530-8am	9
Lap Swim & W	ater	8am-4pm	11
Walking		4-6pm	3
	anes	6-63 ⁰ pm	6
6-745am	4	630-7pm	4
745am-1pm	2	7-730pm	5
1-530pm	3	730-8pm	9
530-7pm	1		
		4' Deep Lanes Time	Lanes
		530am-4nm	8

	Time	Lanes
	530am-4pm	8
Senior Open Swim 9am-12pm	4-430pm	5
	430-530pm	1
	530-7pm	2
Family Swim	7-8pm	8
1_3nm		

FRIDAY, SEPTEMBER 22 2ND Grade LTS in Rec Pool 1015am-1230pm

Rec Pool

Training Pool

Water Fitness 745-845am 845-945am	
Lap Swim & Walking	
<u>Time</u>	<u>Lanes</u>
6-745am	4
745am-1pm	2
1-3pm	4

Lap Swim		
7' Deep Lanes (SCY)		
<u>Time</u>	Lanes	
530-7am	1	
7-730am	5	
730am-430pm	11	
430-6pm	6	
6-8pm	5	

	4' Deep Lanes	(SCY)
	<u>Time</u>	Lanes
	530am-4pm	8
Senior Open Swim	4-430pm	3
9am-12pm	430-7pm	1
	7-730pm	6
Family Swim	730-8pm	8
1-3pm		

SATURDAY, SEPTEMBER 23

Rec Pool	<u>Training Pool</u>
Water Fitness 1045-1145am Lap Swim & Water Walking Time Lanes 7-8am 4 8-1045am 3 1045-1145am 1 1145am-1230pm 4	Lap Swim 7' Deep Lanes (SCY) Time Lanes 7-8am 7 8-9am 1 9-10am 5 10am-12pm 7 12-2pm 9 2-3pm 11 3-5pm 9
Family Swim 1-3pm	4' Deep Lanes (SCY) Time Lanes 7-930am 3 930-1030am 1 1030am-12pm 4 12-5pm 8

SUNDAY, SEPTEMBER 24 CLOSED

Fin Time 3-5pm