September 25 – October 1, 2023

MONDAY, SEPTEMBER 25

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

Rec Pool Water Fitness 745-845am	Training Pool Lap Swim 7' Deep Lanes (SCY)
845-945am	<u>Time</u> <u>Lanes</u>
530-630pm	530-6am 4
•	6-7am 2
Lap Swim & Water	7-730am 3
Walking	730-9am 11
	9-10am 10
<u>Time</u> <u>Lanes</u>	10am-430pm 11
6-745am 4	430-8pm 1
745-945am 2	
945am-130pm 4	4' Deep Lanes (SCY)
130-4pm 3	<u>Time</u> <u>Lanes</u>
4-530pm 4	530am-4pm 8
530-7pm 2	4-430pm 5
	430-7pm 1
Senior Open Swim 9am-12pm	7-8pm 8
Family Swim	Deep Water Fitness 9-10am
,	

1-3pm

1-3pm

TUESDAY, SEPTEMBER 26 2ND Grade LTS in Rec Pool 1015am-1230pm

Rec Pool Water Fitnes	ss	<u>Training F</u>	
745-845am		Lap Swi	
845-945am		<u>7' Deep Lanes</u>	(SCY)
530-630pm		<u>Time</u>	<u>Lanes</u>
Law Curina 9 M/	_4	530-730am	9
Lap Swim & W	ater	730am-4pm	11
Walking		4-6pm	3
Time La	anes	6-630pm	6
6-745am	4	630-7pm	4
745am-1pm	2	7-730pm	7
1-2pm	3	730-8pm	9
2-3pm	1		
3-4pm	2		
4-530pm	3		
530-7pm	1	41 Daniel anno	(0.0)()
000 i p	•	4' Deep Lanes	
Senior Open S	wim	<u>Time</u>	<u>Lanes</u>
9am-12pm	******	530am-4pm	8
Jani-12pm		4-430pm	4 1
		430-530pm	- · · · · ·
		530-7pm	2
		7-8pm	8

WEDNESDAY, SEPTEMBER 27 2ND Grade LTS in Rec Pool 1015am-1230pm

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Rec Pool		<u>Training F</u>	<u>Pool</u>
Water Fitnes	S	Lap Swi	m
745-845am		7' Deep Lanes	(SCY)
845-945am		<u>Time</u>	<u>Lanes</u>
530-630pm		530-7am	1
		7-730am	5
Lap Swim & Wa	ater	730am-430pm	11
Walking		430-8pm	1
~ .	nes		
6-745am	4		
745am-1pm	2		
1-4pm	3		
4-530pm	4		
530-7pm	2		
·			
		41.5	(0.0)()
		4' Deep Lanes	(SCY)

	4' Deep Lanes (SCY)	
	<u>Time</u>	<u>Lanes</u>
	530-7am	5
Senior Open Swim 9am-12pm	7am-4pm	8
	4-430pm	5
	430-7pm	1
Family Swim	7-8pm	8

THURSDAY, SEPTEMBER 28 2ND Grade LTS in Rec Pool 1015am-1230pm

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Rec Pool Water Fitnes	c	Training F	<u>Pool</u>
745-845am	3	Lan Curi	100
845-945am		Lap Swi	
		<u>7' Deep Lanes</u>	<u>(SCY)</u>
530-630pm		<u>Time</u>	<u>Lanes</u>
		530-8am	9
Lap Swim & Wa	ater	8am-4pm	11
Walking		4-6pm	3
	nes	6-630pm	6
6-745am	4	630-7pm	4
745am-1pm	2	7-730pm	7
1-2pm	3	730-8pm	9
2-3pm	1	•	
3-4pm	2		
4-530pm	3		
530-7pm	1	4' Deep Lanes	(SCY)
ооо . р	•	Time	Lanes
		530am-4pm	8
Senior Open Sv	vim	4-430pm	5
	/VIIII	430-530pm	1
9am-12pm		530-7pm	2
		7-8pm	8
		-	•

FRIDAY, SEPTEMBER 29 2ND Grade LTS in Rec Pool 1015am-1230pm

Rec Pool

Training Pool

Water Fitr 745-845a 845-945a	m
Lap Swim & Walking	
<u>Time</u> 6-745am	<u>Lanes</u> 4

4

745am-1pm

1-3pm

Senior Open Swim 9am-12pm

> Family Swim 1-3pm

Lap Swim			
7' Deep Lanes (SCY)			
<u>Time</u>	Lanes		
530-7am	1		
7-730am	5		
730am-530pm	11		
530-8pm	4		

4' Deep Lanes	(SCY)
Time	Lanes
530am-430pm	8
430-6pm	3
6-8pm	8

SATURDAY, SEPTEMBER 30

Rec Pool Training Pool

Water Fitness

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

<u>4' Deep Lanes</u>	(SCY)
Time	Lanes
7-9am	8
9-930am	6
930-1030am	4
1030am-5pm	8

Lap Swim

Fin Time 3-5pm

SUNDAY, OCTOBER 1
CLOSED