

September 25 – October 1, 2023

MONDAY, SEPTEMBER 25

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		530-6am	4
		6-7am	2
		7-730am	3
		730-9am	11
		9-10am	10
		10am-430pm	11
		430-8pm	1
		4' Deep Lanes (SCY)	
		<u>Time</u>	<u>Lanes</u>
		530am-4pm	8
		4-430pm	5
		430-7pm	1
		7-8pm	8
Senior Open Swim		Deep Water Fitness	
9am-12pm		9-10am	
Family Swim			
1-3pm			

TUESDAY, SEPTEMBER 26

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		530-730am	9
		730am-4pm	11
		4-6pm	3
		6-630pm	6
		630-7pm	4
		7-730pm	7
		730-8pm	9
Lap Swim & Water		4' Deep Lanes (SCY)	
Walking		<u>Time</u>	<u>Lanes</u>
		530am-4pm	8
		4-430pm	4
		430-530pm	1
		530-7pm	2
		7-8pm	8
Senior Open Swim			
9am-12pm			

WEDNESDAY, SEPTEMBER 27

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
		7-730am	5
		730am-430pm	11
		430-8pm	1
Lap Swim & Water		4' Deep Lanes (SCY)	
Walking		<u>Time</u>	<u>Lanes</u>
		530-7am	5
		7am-4pm	8
		4-430pm	5
		430-7pm	1
		7-8pm	8
Senior Open Swim			
9am-12pm			
Family Swim			
1-3pm			

THURSDAY, SEPTEMBER 28

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

FRIDAY, SEPTEMBER 29

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

Training Pool

Lap Swim

7' Deep Lanes (SCY)

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

4' Deep Lanes (SCY)

<u>Time</u>	<u>Lanes</u>
530am-430pm	8
430-6pm	3
6-8pm	8

Senior Open Swim

9am-12pm

Family Swim

1-3pm

SATURDAY, SEPTEMBER 30

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

Training Pool

Lap Swim

7' Deep Lanes (SCY)

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

4' Deep Lanes (SCY)

<u>Time</u>	<u>Lanes</u>
7-9am	8
9-930am	6
930-1030am	4
1030am-5pm	8

Fin Time

3-5pm

SUNDAY, OCTOBER 1

CLOSED