

November 20– November 26, 2023

MONDAY, NOVEMBER 20

Rec Pool

Water Fitness

745-845am
845-945am
530-630pm

Lap Swim & Water Walking

Time	Lanes
6-745am	4
745-945am	2
945am-330pm	4
330-530pm	3
530-7pm	1

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7-730am	2
730-8am	6
8-9am	9
9-10am	5
10-1030am	6
1030am-4pm	11
4-5pm	1
5-530pm	2
530-6pm	0
6-7pm	1
7-730pm	0
730-8pm	2

4' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7am-4pm	8
4-430pm	5
430-530pm	1
530-7pm	2
7-8pm	1

Deep Water Fitness

9-10am

TUESDAY, NOVEMBER 21

Rec Pool

Water Fitness

745-845am
845-945am
530-630pm

Lap Swim & Water Walking

Time	Lanes
6-745am	4
745-945am	2
945am-330pm	4
330-530pm	3
530-7pm	1

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Competition Pool

Lap Swim (SCY)

Time	Lanes
730-9am	12
9-1030am	7
1030am-12pm	12

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-6am	11
6-730am	3

4' Deep Lanes (SCY)

Time	Lanes
530-730am	8

50 meter Lanes (LCM)

Time	Lanes
1130am-330pm	8
330-4pm	5
4-530pm	2
530-6pm	5
6-630pm	3
630-7pm	2
7-730pm	4
730-8pm	5

25 meter Lanes (SCM)

Time	Lanes
1130am-4pm	2
4-7pm	0
7-8pm	2

WEDNESDAY, NOVEMBER 22

Rec Pool

Water Fitness

745-845am
845-945am
530-630pm

Lap Swim & Water Walking

Time	Lanes
6-745am	4
745am-1pm	2
1-530pm	4
530-7pm	2

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

50 meter Lanes (LCM)

Time	Lanes
530-7am	4
7-730am	8
730-8am	7
8-9am	6
9-930am	4
930-1030am	2
1030-1130am	3
1130am-4pm	7
4-530pm	7
530-7pm	6
7-730pm	3
730-8pm	5

25 meter Lanes (SCM)

Time	Lanes
530-9am	2
9-1030am	1
1030am-8pm	2

THURSDAY, NOVEMBER 23

CLOSED

FRIDAY, NOVEMBER 24

Rec Pool

Water Fitness

NONE

Lap Swim & Water

Walking

<u>Time</u>	<u>Lanes</u>
7am-12pm	4

Senior Open Swim

9am-12pm

Training Pool

Lap Swim

50 meter Lanes (LCM)

<u>Time</u>	<u>Lanes</u>
7-8am	4
8-830am	2
830-930am	4
930-10am	2
10-1030am	4
1030am-12pm	8

25 meter Lanes (SCM)

<u>Time</u>	<u>Lanes</u>
7am-12pm	2

SATURDAY, NOVEMBER 25

Rec Pool

Water Fitness

1045-1145am

Lap Swim & Water

Walking

<u>Time</u>	<u>Lanes</u>
7-1045am	4
1045-1145am	2
1145am-3pm	4

Family Swim

1-3pm

Training Pool

Lap Swim

50 meter Lanes (LCM)

<u>Time</u>	<u>Lanes</u>
7-8am	4
8-10am	1
10-1030am	2
1030-11am	3
11-1130am	5
1130am-12pm	6
12-5pm	8

25 meter Lanes (SCM)

<u>Time</u>	<u>Lanes</u>
7-9am	2
9-1030am	0
1030am-5pm	2

SUNDAY, NOVEMBER 26

CLOSED