January 22 – January 28, 2024

MONDAY, JANUARY 22

Rec Pool Water Fitness

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

Lap Swim & Water Walking

Lanes <u>Time</u> 7-745am 745-945am 2 945am-530pm 530-7pm

Senior Open Swim 9am-12pm

Family Swim 1-3pm

Training Pool

Lap Swim

7' Deep Lanes	(SCY)
<u>Time</u>	Lanes
530-7am	1
7-730am	5
730-815am	9
815-9am	11
9-10am	10
10am-330pm	11
330-4pm	10
4-430pm	5
430-6pm	1
6-7pm	2
7-8pm	4

4' Deep Lanes (SCY)

<u>Time</u>	Lanes
30am-430pm	8
430-8pm	1

Deep Water Fitness 9-10am

TUESDAY, JANUARY 23

2nd Grade LTS in Rec Pool 10am-1230pm

Rec Pool Training Pool

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

Lap Swim & Water Walking

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

Senior Open Swim 9am-12pm

> Family Swim 1-3pm

Lap	Swim

7' Deep Lanes (SCY)

1 Deep Lanes	(301)
<u>Time</u>	Lanes
530-6am	11
6-730am	9
730am-4pm	11
4-430pm	4
430-7pm	0
7-730pm	2
730-8pm	4

4' Deep Lanes (SCY)

<u>l ime</u>	<u>Lanes</u>
530am-4pm	8
4-430pm	5
430-8pm	2

WEDNESDAY, JANUARY 24 2nd Grade LTS in Rec Pool 10am-1230pm

Rec Pool

Family Swim

1-3pm

Training Pool

7-730pm

730-8pm

Water Fitness 745-845am	Lap Swir 7' Deep Lanes	
845-945am	Time	Lanes
530-630pm	530-7am	1
	7-730am	5
Lap Swim & Water	730-815am	9
Walking	815am-430pm	11
Time Lanes	430-730pm	2
6-745am 4	730-8pm	4
745am-3pm 2		
3-530pm 4	4' Deep Lanes	(SCY)
530-7pm 2	<u>Time</u>	<u>Lanes</u>
	530-11am	8
	11am-1pm	7
Senior Open Swim	1-4pm	8
•	4-530pm	0
9am-12pm	530-7pm	1

THURSDAY, JANUARY 25

2nd Grade LTS in Rec Pool 10am-1230pm

Rec Pool

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

Lap Swim & Water Walking

)
<u>Time</u>	Lanes
6-745am	4
745am-1pm	2
1-3pm	4
3-530pm	3
530-630pm	1

Senior Open Swim 9am-12pm

Family Swim 1-3pm

Training Pool

Lap Swim 7' Deep Lanes (SCY)

. Doop Earloo	<u> 100.,</u>
Time	Lane
530am-4pm	11
4-430pm	4
430-6pm	0
6-630pm	4
630-730pm	0
730-8pm	4

4' Deep Lanes (SCY)

<u>Time</u>	Lanes
30am-330pm	8
330-4pm	6
4-630pm	1
630-7pm	3
7-8pm	0

FRIDAY, JANUARY 26 2nd Grade LTS in Rec Pool 10am-1230pm

Rec Pool

Water Fitness 745-845am 845-945am

Lap Swim & Water Walking

Time Lanes 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) Time Lanes 530-7am 1 7-730am 5 730am-430pm 11 430-730pm 4 730-8pm 6

4' Deep Lanes	(SCY)
<u>Time</u>	Lanes
530-6am	8
6-730am	1
730am-4pm	8
4-430pm	3
430-6pm	1
6-7pm	2
7-8pm	8

SATURDAY, JANUARY 27

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-1pm	3

<u>Training Pool</u>

Lap Swim

7' Deep Lanes	(SCY)
<u>Time</u>	Lanes
7-8am	1
8-10am	0
10am-1pm	2
1-5pm	9

4' Deep Lanes	(SCY)
<u>Time</u>	Lanes
7-9am	2
9-930am	3
930-1030am	1
1030am-12pm	4
12-1230pm	8
1230-2pm	5
2-5pm	8

SUNDAY, JANUARY 28 CLOSED