

January 22 – January 28, 2024

MONDAY, JANUARY 22

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

Time	Lanes
7-745am	4
745-945am	2
945am-530pm	4
530-7pm	2

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
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)

Time	Lanes
530am-430pm	8
430-8pm	1

Deep Water Fitness

9-10am

TUESDAY, JANUARY 23

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

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

Time	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

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	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)

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

WEDNESDAY, JANUARY 24

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

Rec Pool

Water Fitness

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

Lap Swim & Water Walking

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

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
730-815am	9
815am-430pm	11
430-730pm	2
730-8pm	4

4' Deep Lanes (SCY)

Time	Lanes
530-11am	8
11am-1pm	7
1-4pm	8
4-530pm	0
530-7pm	1
7-730pm	2
730-8pm	4

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

Time	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)

Time	Lanes
530am-4pm	11
4-430pm	4
430-6pm	0
6-630pm	4
630-730pm	0
730-8pm	4

4' Deep Lanes (SCY)

Time	Lanes
530am-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)Time 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**Time Lanes

7-8am 4

8-1045am 3

1045-1145am 1

1145am-1pm 3

Training Pool**Lap Swim****7' Deep Lanes (SCY)**Time Lanes

7-8am 1

8-10am 0

10am-1pm 2

1-5pm 9

4' Deep Lanes (SCY)Time 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**