

# January 29 – February 4, 2024

## MONDAY, JANUARY 29

**2<sup>nd</sup> Grade LTS in Rec Pool 10am-1230pm**

### Rec Pool

### Training Pool

#### Water Fitness

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

#### Lap Swim

#### 7' Deep Lanes (SCY)

Time	Lanes
530-7am	6
7-730am	9
730-815am	9
815-9am	11
9-10am	10
10am-430pm	11
430-630pm	3
630-730pm	1
730-8pm	3

#### 4' Deep Lanes (SCY)

Time	Lanes
530-7am	2
7-730am	6
730am-330pm	8
330-4pm	7
4-430pm	5
430-7pm	1
7-8pm	5

#### 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

#### Deep Water Fitness

9-10am

## TUESDAY, JANUARY 30

**2<sup>nd</sup> Grade LTS in Rec Pool 10am-1230pm**

### Rec Pool

### Training Pool

#### Water Fitness

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

#### Lap Swim

#### 7' Deep Lanes (SCY)

Time	Lanes
530-6am	11
6-730am	7
730am-4pm	11
4-430pm	4
430-5pm	0
5-6pm	2
6-7pm	7
7-8pm	6

#### Lap Swim & Water

#### Walking

Time	Lanes
6-745am	4
745am-1230pm	2
1230-330pm	4
330-530pm	3
530-7pm	1

#### Senior Open Swim

9am-12pm

#### Family Swim

1-3pm

#### 4' Deep Lanes (SCY)

Time	Lanes
530am-4pm	8
4-430pm	5
430-7pm	2
7-8pm	6

## WEDNESDAY, JANUARY 31

**2<sup>nd</sup> Grade LTS in Rec Pool 10am-1230pm**

### Rec Pool

### Training Pool

#### Water Fitness

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

#### Lap Swim

#### 7' Deep Lanes (SCY)

Time	Lanes
530-7am	1
7-730am	5
730-815am	9
815am-430pm	11
430-6pm	4
6-8pm	3

#### 4' Deep Lanes (SCY)

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

#### 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

## THURSDAY, FEBRUARY 1

**2<sup>nd</sup> Grade LTS in Rec Pool 10am-1230pm**

### Rec Pool

### Training Pool

#### Water Fitness

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

#### Lap Swim

#### 7' Deep Lanes (SCY)

Time	Lanes
530-730am	9
730-10am	11
10-11am	6
11am-4pm	11
4-430pm	4
430-5pm	0
5-6pm	2
6-7pm	5
7-730pm	7
730-8pm	9

#### Lap Swim & Water

#### Walking

Time	Lanes
6-745am	4
745am-1230pm	2
1230-330pm	4
330-530pm	3
530-7pm	1

#### Senior Open Swim

9am-12pm

#### Family Swim

1-3pm

#### 4' Deep Lanes (SCY)

Time	Lanes
530am-4pm	8
4-430pm	5
430-7pm	2
7-8pm	3
530am-4pm	8

**FRIDAY, FEBRUARY 2****2<sup>nd</sup> 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      8

7am-430pm      11

430-8pm      11

430-730pm      3

730-8pm      5

**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, FEBRUARY 3****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      7

8-9am      1

9-10am      3

10-11am      7

11am-2pm      3

2-5pm      9

**4' Deep Lanes (SCY)**Time      Lanes

7-930am      3

930-1030am      1

1030am-12pm      4

12-5pm      8

**SUNDAY, FEBRUARY 4****CLOSED**