

# July 8 – July 15, 2024

## MONDAY, JULY 8

**THE TRAINING POOL IS CLOSED TO THE PUBLIC DUE TO CITY MEET**

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-745am	4
745-945am	3
945am-230pm	4
230-345pm	3
345-530pm	4
530-7pm	2

#### Senior Open Swim

9am-12pm

#### Family Swim

230-345pm

### Training Pool

**CLOSED**

## TUESDAY, JULY 9

**GROUPS IN THE REC POOL 12-1PM**

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-845am	3
845-945am	0
945am-1pm	2
12-230pm	4
230-530pm	2
530-7pm	0

#### Reach One Veteran

7-8am

#### Senior Open Swim

9am-12pm

#### Family Swim

230-345pm

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

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

##### 4' Deep Lanes (SCY)

Time	Lanes
6-730am	2
730-9am	8
9-11am	6
11-1145am	7
1145am-12pm	3
12-115pm	5
115-6pm	7
6-7pm	6

## WEDNESDAY, JULY 10

**GROUPS IN THE REC POOL 12-230PM**

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-745am	4
745-845am	3
845-945am	0
945am-230pm	2
230-530pm	3
530-7pm	1

#### Senior Open Swim

9am-12pm

#### Family Swim

230-345pm

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
6-730am	2
730-815am	9
815-11am	11
11am-1pm	9
1-4pm	11
4-530pm	5
530-7pm	9

##### 4' Deep Lanes (SCY)

Time	Lanes
6-9am	8
9-11am	6
11-1145am	7
1145am-12pm	5
12-115pm	3
115-4pm	7
4-530pm	2
530-7pm	6

## THURSDAY, JULY 11

**GROUPS IN THE REC POOL 12-230PM**

**The Training Pool will be flipped to long course in the morning. The Competition Pool will be open during the flip.**

### Rec Pool

#### Water Fitness

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

#### Lap Swim & Water

##### Walking

Time	Lanes
6-7am	4
7-845am	3
845-945am	0
945am-530pm	2
530-7pm	0

#### Senior Open Swim

9am-12pm

#### Family Swim

230-345pm

### Training Pool

#### Lap Swim

##### 7' Deep Lanes (SCY)

Time	Lanes
6-730am	3

##### 4' Deep Lanes (SCY)

Time	Lanes
6-730am	8

##### 50 meter Lanes (LCM)

Time	Lanes
1130am-12pm	5
12-115pm	4
115-4pm	7
4-5pm	3
5-530pm	4
530-7pm	6

##### 25 meter Lanes (SCM)

Time	Lanes
1130am-7pm	2

### Competition Pool

#### Lap Swim

##### 20 Yard Lanes (SCY)

Time	Lanes
730-8am	6
8-10am	18
10am-12pm	16

**FRIDAY, JULY 12**

**Rec Pool**

**Water Fitness**

745-845am  
845-945am  
10-1045am

**Lap Swim & Water Walking**

<u>Time</u>	<u>Lanes</u>
6-745am	4
745-1045am	2
1045am-1pm	4
1-3pm	3

**Senior Open Swim**

9am-12pm

**Family Swim**

1-3pm

**Training Pool**

**Lap Swim**

**50 meter Lanes (LCM)**

<u>Time</u>	<u>Lanes</u>
6-730am	1
730-8am	2
8-1145am	8
1145am-1245pm	6
1245-115pm	7
115-3pm	8
3-530pm	5
530-7pm	8

**25 meter Lanes (SCM)**

<u>Time</u>	<u>Lanes</u>
6am-7pm	2

**SATURDAY, JULY 13**

**Rec Pool**

**Water Fitness**

8-9am

**Lap Swim & Water Walking**

<u>Time</u>	<u>Lanes</u>
7-8am	4
8-9am	0
9am-1pm	2
1-3pm	3

**Family Swim**

1-3pm

**Training Pool**

**CLOSED**

**Lap Swim**

**50 meter Lanes (LCM)**

<u>Time</u>	<u>Lanes</u>
7-9am	1
9am-1215pm	6
1215-145pm	5
145-5pm	6

**25 meter Lanes (SCM)**

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

**SUNDAY, JULY 14**

**CLOSED**