

November 4 – November 10, 2024

MONDAY, NOVEMBER 4

Rec Pool

Water Fitness

530-615am
745-845am
845-945am
530-630pm

Lap Swim & Water Walking

Time Lanes

530-615am 2
615-745am 4
745-945am 2
945am-4pm 4
4-530pm 3
530-7pm 1

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-630am	8
630-7am	6
7-730am	4
730-8am	6
8-9am	3
9am-4pm	11
4-630pm	1
630-7pm	11
7-8pm	5

4' Deep Lanes (SCY)

Time	Lanes
530-10am	8
10am-3pm	7
3-4pm	8
4-530pm	1
530-630pm	3
630-7pm	4
7-730pm	2
730-8pm	6

Deep Water Fitness

530-615PM

TUESDAY, NOVEMBER 5

Rec Pool

Water Fitness

745-845am
845-945am
530-615pm
615-7pm

Lap Swim & Water Walking

Time Lanes

530-7am 4
7-945am 2
945am-4pm 4
4-530pm 3
530-7pm 1

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Reach One Veteran

7-8am

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7-730am	5
730-8am	11
8-9am	3
9am-4pm	11
4-530pm	0
530-630pm	6
630-7pm	5
7-730pm	0
730-8pm	4

4' Deep Lanes (SCY)

Time	Lanes
530am-12pm	8
12-130pm	7
130-4pm	8
4-630pm	1
630-7pm	6
7-730pm	4
730-8pm	6

WEDNESDAY, NOVEMBER 6

The Rec Pool will close at 7am for maintenance.

Rec Pool

Water Fitness

530-615am

Lap Swim & Water Walking

Time Lanes

530-615am 2
615-7am 4

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-630am	11
630-7am	9
7-730am	4
730-8am	6
8-9am	8
9am-4pm	11
4-430pm	6
430-6pm	1
6-630pm	2
630-7pm	5
7-8pm	4

4' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7-745am	8
745-945am	4
945-1030am	8
1030am-330pm	7
330-4pm	8
4-530pm	1
530-6pm	0
6-630pm	1
630-730pm	6
730-8pm	8

Water Fitness

530-615am
745-845am
845-945am
530-630pm

THURSDAY, NOVEMBER 7

Rec Pool

Water Fitness

745-845am
845-945am
530-615pm
615-7pm

Lap Swim & Water Walking

Time Lanes

530-7am 4
7-945am 2
945am-4pm 4
4-530pm 3
530-7pm 1

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Reach One Veteran

7-8am

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7-730am	5
730am-4pm	11
4-530pm	0
530-6pm	1
6-630pm	3
630-730pm	1
730-8pm	7

4' Deep Lanes (SCY)

Time	Lanes
530am-12pm	8
12-130pm	7
130-4pm	8
4-630pm	1
630-7pm	8
7-8pm	6

FRIDAY, NOVEMBER 8

Rec Pool

Water Fitness

745-845am
845-945am

Lap Swim & Water Walking

Time	Lanes
530-745am	4
745-945am	2
945am-3pm	4

Senior Open Swim

9am-12pm

Family Swim

1-3pm

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
530-7am	4
7-730am	5
730-8am	11
8-9am	8
9am-4pm	11
4-630pm	6
630-8pm	11

4' Deep Lanes (SCY)

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

SATURDAY, NOVEMBER 9

Rec Pool

Water Fitness

915-10am
10-1045am

Lap Swim & Water Walking

Time	Lanes
7-8am	4
8-915am	3
915-1045am	1
1045am-1230pm	3
1230-1pm	4

Training Pool

Lap Swim

7' Deep Lanes (SCY)

Time	Lanes
7-9am	1
9-10am	2
10-11am	6
11am-2pm	9
2-5pm	11

4' Deep Lanes (SCY)

Time	Lanes
7-8am	8
8-10am	1
10am-1215pm	8
1215-1230pm	6
1230-130pm	5
130-330pm	6
330-5pm	8

SUNDAY, NOVEMBER 10

Rec Pool

Family Swim

1230-330pm