## November 4 – November 10, 2024 **TUESDAY, NOVEMBER 5**

## MONDAY, NOVEMBER 4

<u>Rec Pool</u>	<u>Training Pool</u> Lap Swim	<u>Rec Pool</u>	Training Pool
Water Fitness	7' Deep Lanes (SCY)	Water Fitness	
	Time Lanes	745-845am	Lap Swim
530-615am	530-630am 8		<u>7' Deep Lanes (SCY)</u>
745-845am	630-7am 6	845-945am	Time Lanes
845-945am	7-730am 4	530-615pm	530-7am 4
530-630pm	730-8am 6	615-7pm	7-730am 5
Lon Chuing 8 Motor	8-9am 3	Lon Curim 8 Mator	730-8am 11 8-9am 3
Lap Swim & Water	9am-4pm 11	Lap Swim & Water	9am-4pm 11
Walking	4-630pm 1	Walking	4-530pm 0
Time Lanes	630-7pm 11	Time Lanes	530-630pm 6
<b>530</b> -615am 2	7-8pm 5	<b>530</b> -7am 4	630-7pm 5
615-745am 4		7-945am 2	7-730pm 0
745-945am 2	<u>4' Deep Lanes (SCY)</u>	945am-4pm 4	730-8pm 4
945am-4pm 4	<u>Time</u> <u>Lanes</u>	4-530pm 3	
4-530pm 3	530-10am 8	530-7pm 1	<u>4' Deep Lanes (SCY)</u>
530-7pm 1	10am-3pm 7		Time Lanes
	3-4pm 8	Senior Open Swim	530am-12pm 8
Senior Open Swim	4-530pm 1	9am-12pm	12-130pm 7
9am-12pm	530-630pm 3		130-4pm 8
	630-7pm 4	Family Swim	4-630pm 1
Family Swim	7-730pm 2	1-3pm	630-7pm 6
1-3pm	730-8pm 6	1-Spiil	7-730pm 4
i-opin		Death One Materia	730-8pm 6
	Deep Water Fitness	Reach One Veteran	
	530-615PM	7-8am	
MEDNEOD		THUDODA	
	AY, NOVEMBER 6	THURSDA	<u>Y, NOVEMBER 7</u>
The Rec Pool Will Cl	ose at 7am for maintenance.		
		Rec Pool	<u>Training Pool</u>
Rec Pool	Training Pool	Rec Pool	Training Pool
Rec Pool Water Fitness	<u>Training Pool</u> Lap Swim	Rec Pool Water Fitness	
			<u>Training Pool</u> Lap Swim 7' Deep Lanes (SCY)
Water Fitness	Lap Swim	Water Fitness	Lap Swim
Water Fitness	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11	Water Fitness 745-845am 845-945am 530-615pm	Lap Swim <u>7' Deep Lanes (SCY)</u>
Water Fitness 530-615am Lap Swim & Water	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11 630-7am 9	Water Fitness 745-845am 845-945am	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4 7-730am 5
Water Fitness 530-615am Lap Swim & Water Walking	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4	Water Fitness 745-845am 845-945am 530-615pm 615-7pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4 7-730am 5 730am-4pm 11
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u>	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6	Water Fitness 745-845am 845-945am 530-615pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0
Water Fitness 530-615am Lap Swim & Water Walking	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6           8-9am 8	Water Fitness 745-845am 845-945am 530-615pm 615-7pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6           8-9am 8           9am-4pm 11	Water Fitness 745-845am 845-945am 530-615pm 615-7pm Lap Swim & Water	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6           8-9am 8           9am-4pm 11           4-430pm 6	Water Fitness 745-845am 845-945am 530-615pm 615-7pm Lap Swim & Water Walking	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6           8-9am 8           9am-4pm 11           4-430pm 6           430-6pm 1	Water Fitness           745-845am           845-945am           530-615pm           615-7pm           Lap Swim & Water           Walking           Time         Lanes           530-7am         4           7-945am         2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1           730-8pm 7
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim7' Deep Lanes(SCY)TimeLanes530-630am11630-7am97-730am4730-8am68-9am89am-4pm114-430pm6430-6pm16-630pm2630-7pm5	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1           730-8pm 7
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1           730-8pm 7 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u>
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim7' Deep Lanes(SCY)TimeLanes530-630am11630-7am97-730am4730-8am68-9am89am-4pm114-430pm6430-6pm16-630pm2630-7pm5	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1           730-8pm 7 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm 8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 <b>4' Deep Lanes (SCY)</b> Time Lanes	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-730am 5           730am-4pm 11           4-530pm 0           530-6pm 1           6-630pm 3           630-730pm 1           730-8pm 7 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm 8           12-130pm 7
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	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	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time         Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	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	Water Fitness           745-845am           845-945am           530-615pm           615-7pm           Lap Swim & Water           Walking <u>Time Lanes</u> 530-7am 4           7-945am 2           945am-4pm 4           4-530pm 3           530-7pm 1           Senior Open Swim           9am-12pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time         Lanes</u> 530am-12pm         8           12-130pm         7
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	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	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-745am 8           745-945am 4           945-1030am 8           1030am-330pm 7	Water Fitness           745-845am           845-945am           530-615pm           615-7pm           Lap Swim & Water           Walking <u>Time Lanes</u> 530-7am 4           7-945am 2           945am-4pm 4           4-530pm 3           530-7pm 1           Senior Open Swim           9am-12pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-745am 8           745-945am 4           945-1030am 8           1030am-330pm 7           330-4pm 8	Water Fitness           745-845am           845-945am           530-615pm           615-7pm           Lap Swim & Water           Walking <u>Time Lanes</u> 530-7am 4           7-945am 2           945am-4pm 4           4-530pm 3           530-7pm 1           Senior Open Swim           9am-12pm           Family Swim           1-3pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-7am 4           7-745am 8           745-945am 4           945-1030am 8           1030am-330pm 7           330-4pm 8           4-530pm 1	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	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530-630am 11           630-7am 9           7-730am 4           730-8am 6           8-9am 8           9am-4pm 11           4-430pm 6           430-6pm 1           6-630-7pm 5           7-8pm 4           4' Deep Lanes (SCY) <u>Time Lanes</u> 530-7am 4           7-745am 8           745-945am 4           945-1030am 8           1030am-330pm 7           330-4pm 8           4-530pm 1           530-6pm 0	Water Fitness           745-845am           845-945am           530-615pm           615-7pm           Lap Swim & Water           Walking <u>Time Lanes</u> 530-7am 4           7-945am 2           945am-4pm 4           4-530pm 3           530-7pm 1           Senior Open Swim           9am-12pm           Family Swim           1-3pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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) <u>Time Lanes</u> 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	Water Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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) <u>Time Lanes</u> 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	Water Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 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 Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes</u> (SCY) <u>Time</u> 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) <u>Time</u> 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 Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes</u> (SCY) <u>Time</u> 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) <u>Time</u> 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	Water Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8
Water Fitness 530-615am Lap Swim & Water Walking <u>Time Lanes</u> 530-615am 2	Lap Swim <u>7' Deep Lanes</u> (SCY) <u>Time</u> 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) <u>Time</u> 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 Fitness745-845am845-945am530-615pm615-7pmLap Swim & WaterWalkingTimeLanes530-7am47-945am945am-4pm44-530pm3530-7pm1Senior Open Swim9am-12pmFamily Swim1-3pmReach One Veteran	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> 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 <u>4' Deep Lanes (SCY)</u> <u>Time Lanes</u> 530am-12pm         8           12-130pm         7           130-4pm         8           4-630pm         1           630-7pm         8

530-630pm

FRIDAY, NOVEMBER 8		SATURDAY, NOVEMBER 9	
Rec Pool	Training Pool	Rec Pool	Training Pool
Water Fitness745-845am845-945amLap Swim & WaterWalkingTimeLanes530-745am4745-945am2945am-3pm4Senior Open Swim9am-12pmFamily Swim1-3pm	Lap Swim <u>7' Deep Lanes (SCY)</u> <u>Time</u> Lanes530-7am47-730am5730-8am118-9am89am-4pm114-630pm6630-8pm11 <u>4' Deep Lanes (SCY)</u> <u>TimeLanes</u> 530-7am57am-430pm8430-730pm1730-8pm8	Water Fitness         915-10am           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	Lap Swim7' Deep Lanes(SCY)TimeLanes7-9am19-10am210-11am611am-2pm92-5pm114' Deep Lanes(SCY)TimeLanes7-8am88-10am110am-1215pm81215-1230pm6130-330pm5330-5pm8
		SUNDAY, NOVEMBER 10	
		<u>Rec Pool</u>	
		Family Swim 1230-330pm	