

# January 6, 2025 – January 12, 2025

## WEDNESDAY, JANUARY 8

**2<sup>nd</sup> Grade LTS will be in the rec pool 10am-12pm**

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b>	<b>Lap Swim</b>
745-845am	<b>7' Deep Lanes (SCY)</b>
845-945am	<u>Time</u> <u>Lanes</u>
530-630pm	530-630am 8
	630-7am 6
<b>Lap Swim &amp; Water Walking</b>	7-730am 9
<u>Time</u> <u>Lanes</u>	730-8am 11
6-745am 4	8-9am 8
745am-12pm 2	9am-330pm 11
12-530pm 4	330-4pm 7
530-7pm 2	4-430pm 2
	430-530pm 0
<b>Senior Open Swim</b>	530-6pm 3
9am-12pm	6-8pm 0
	<b>4' Deep Lanes (SCY)</b>
<b>Family Swim</b>	<u>Time</u> <u>Lanes</u>
1-3pm	530-6am 8
	6-730am 0
	730am-4pm 8
	4-630pm 1
	630-730pm 4
	730-8pm 8

## THURSDAY, JANUARY 9

**2<sup>nd</sup> Grade LTS will be in the rec pool 10am-12pm**

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b>	<b>Lap Swim</b>
745-845am	<b>7' Deep Lanes (SCY)</b>
845-945am	<u>Time</u> <u>Lanes</u>
530-615pm	530-7am 4
615-7pm	7-730am 5
	730am-4pm 11
<b>Lap Swim &amp; Water Walking</b>	4-430pm 9
<u>Time</u> <u>Lanes</u>	430-530pm 3
6-7am 4	530-630pm 0
7am-12pm 2	630-8pm 5
12-530pm 4	<b>4' Deep Lanes (SCY)</b>
530-7pm 2	<u>Time</u> <u>Lanes</u>
	530am-4pm 8
<b>Family Swim</b>	4-6pm 0
1-3pm	6-630pm 2
	630-7pm 5
<b>Senior Open Swim</b>	7-730pm 3
9am-12pm	730-8pm 5
	630-730pm 1
	730-8pm 8
<b>Reach One Veteran</b>	
7-8am	

## FRIDAY, JANUARY 10

**2<sup>nd</sup> Grade LTS will be in the rec pool 10am-12pm**

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b>	<b>Lap Swim</b>
745-845am	<b>7' Deep Lanes (SCY)</b>
845-945am	<u>Time</u> <u>Lanes</u>
	530-7am 4
<b>Lap Swim &amp; Water Walking</b>	7-730am 5
<u>Time</u> <u>Lanes</u>	730-8am 11
6-745am 4	8-9am 8
745am-12pm 2	9am-4pm 11
12-5pm 4	4-430pm 8
	430-530pm 3
<b>Senior Open Swim</b>	530-630pm 8
9am-12pm	630-8pm 11
	<b>4' Deep Lanes (SCY)</b>
<b>Family Swim</b>	<u>Time</u> <u>Lanes</u>
1-3pm	530-7am 5
	7am-430pm 8
	430-530pm 5
	530-6pm 8
	6-730pm 1
	730-8pm 8

## SATURDAY, JANUARY 11

<u>Rec Pool</u>	<u>Training Pool</u>
<b>Water Fitness</b>	<b>Lap Swim</b>
915-10am	<b>7' Deep Lanes (SCY)</b>
10-1045am	<u>Time</u> <u>Lanes</u>
	7-9am 1
<b>Lap Swim &amp; Water Walking</b>	9-11am 8
<u>Time</u> <u>Lanes</u>	11am-5pm 11
7-915am 4	<b>4' Deep Lanes (SCY)</b>
915-1045am 2	<u>Time</u> <u>Lanes</u>
1045am-3pm 4	7-8am 8
	8-10am 1
<b>Family Swim</b>	10am-1215pm 8
1-3pm	1215-3pm 6
	3-5pm 8

## SUNDAY, JANUARY 12

**CLOSED**