



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LANE SWIM (6 lanes) 5:00-9:00 AM	LANE SWIM (6 lanes) 5:00-9:00 AM	LANE SWIM (6 lanes) 5:00-8:00 AM	LANE SWIM (6 lanes) 5:00-7:00 AM	LANE SWIM (6 lanes) 5:00-9:00 AM	
LANE SWIM (6 Lanes) 7:00 AM-9:00 AM				Aqua Fit (1 lane) 7:00-7:45 AM		LANE SWIM (6 lanes) 7:00 AM – 9:00 AM
LANE SWIM (5 Lanes) 9:00 AM-9:45 AM	LANE SWIM (5 lanes) 9:00 – 9:45 AM	LANE SWIM (5 lanes) 9:00 AM – 9:45 AM	LANE SWIM (5 lanes) 8:00 – 10:45 AM	LANE Swim (6 Lanes) 7:45 AM – 8:00 AM	LANE SWIM (5 lanes) 9:00 AM-10:45 AM	Swim Lessons (2 lanes) 9:00 AM – 2:00 PM
	Silver Sneakers Splash (1 lane) 9:00-9:45 AM	Aqua Fit (1 lane) 8:00 AM-9:45 AM	Aqua Fit (1 lane) 8:00-9:45 AM	SILVERSNEAKERS SPLASH® (1 lane) 8:00-8:45 AM Aqua Fit (1 lane) 9:00-10:45 AM	Aqua Fit (1 lane) 9:00-10:45 AM	LANE SWIM (4 lanes) 9:00 AM – 2:00 PM
LANE SWIM (6 Lanes) 10:00 AM-4:45 PM	LANE SWIM (6 lanes) 9:45 AM-5:00 PM	Deep Water Core Tammy (3 lane) 10 AM-10:45 AM	LANE SWIM (6 lanes) 9:45 AM-5:00 PM	LANE SWIM (6 lanes) 10:45 AM-5:00 PM	LANE SWIM (6 lanes) 10:45 AM-6:00 PM	LANE SWIM (6 lanes) 2:00-4:45 PM
		LANE SWIM (6 lanes) 10:45 AM-5:30 PM				
	LANE SWIM (4 lanes) SWIM LESSONS (2 lanes) 5:00 PM – 7:00 PM	LANE SWIM (2 lanes) SWIM TEAM (4 lanes) 6:00-7:00 PM	LANE SWIM (4 lanes) SWIM LESSONS (1 lanes)	LANE SWIM (2 lanes) SWIM LESSONS (1 lanes) SWIM TEAM (3 LANES) 6:00 PM – 8:15PM	LANE SWIM (2 lanes) SWIM TEAM (4 lanes) 6:00-7:00 PM	
	LANE SWIM (4 lanes) SWIM LESSONS (2 lanes) 5:00 PM – 7:00 PM	LANE SWIM (1 lanes) AQUA FIT (1 lanes) SWIM TEAM (4 lanes) 7:00 PM – 7:45 PM		LANE SWIM (1 lanes) AQUA FIT (1 lanes) SWIM TEAM (4 lanes) 7:00 PM – 7:45 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 7:30-8:00 PM	
	LANE SWIM (5 lanes) 7:00 – 7:45 PM AQUA FIT (1 lane) 7:00 – 7:45 PM	LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 7:45-8:00 PM		LANE SWIM (3 lanes) SWIM TEAM (3 lanes) 7:45-8:00 PM	LANE SWIM (6 lanes) 8:00 PM – 9:45 PM	
	LANE Swim (6 lanes) 7:45 PM – 9:45 PM	LANE SWIM (6 lanes) 8:00 PM – 9:45 PM	LANE SWIM (6 lanes) 8:15 PM – 9:45 PM	LANE SWIM (6 lanes) 8:00 PM – 9:45 PM		

Pools and pool deck area close at 9:45 PM M-F, 4:45 PM Sat & Sun.

Individual swimming, water walking, and shared circle swimming per lane designations.

Schedule subject to change. For more information please call (716) 434-8887