

INDOOR POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes	Lap Swim 5:30 am - 8:45 am 4 Lanes	Lap Swim 5:30 am - 8 am 4 Lanes		
8:00 AM	Water Duo 8 - 8:45 am 1 lane		Water Duo 8 - 8:45 am 1 lane		Water Duo 8 - 8:45 am 1 lane	Lap Swim 8 - 9:30 am 4 lanes	
8:45 AM		Power Water		Power Water			
9:00 AM	Aqua Sculpt 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	Aqua Sculpt 9 - 9:45 am No lane	8:45 - 9:45 am 1 lane	Aqua Sculpt 9 - 9:45 am No lane		
9:30 AM						Power Water	
9:45 AM		Open Swim		Open Swim		9:30 - 10:30 am 1 lane	
10:00 AM	Twinges in Hinges	9:45 - 11 am	Twinges in Hinges	9:45 - 11 am	Twinges in Hinges		
10:30 AM	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	1 - 2 lanes	10 - 10:45 am No lane	Swim Lessons 10:30 - 12 noon 1 - 2 lanes	
11:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open/Family Swim		
12 Noon	11 am - 2:40 pm 1 lane	11 am - 2:40 pm 1 lane	11 am - 2:40 pm 1 lane	11 am - 2:40 pm 1 lane	11 am - 8:45 pm 1 - 2 lanes	SAW Swim Lessons	
1:30 PM						12 - 3 pm 1 lane	Family Swim 1:30 - 5:45 pm 1 - 2 lanes
2:45 PM	Open Swim	Open Swim	Open Swim	Open Swim			
3:00 PM	2:45 - 4:10 pm 1 - 2 lanes	2:45 - 4:10 pm 1 - 2 lanes	2:45 - 4:10 pm 1 - 2 lanes	2:45 - 4:10 pm 1 - 2 lanes		Family Swim 3 - 5:45 pm 1 - 2 lanes	
4:15 PM	Swim Lessons 4:15 - 6:25 pm 1 lane	Swim Lessons 4:15 - 6:25 pm 1 lane	Swim Lessons 4:15 - 6:25 pm 1 lane	Swim Lessons 4:15 - 6:25 pm 1 lane			
6:30 PM	Open/Family Swim 6:30 - 8:45 pm 1 - 2 lanes	Aqua Zumba 6:30 - 7:30 pm 1 lane	Open/Family Swim 6:30 - 8:45 pm 1 - 2 lanes	Open/Family Swim 6:30 - 8:45 pm 1 - 2 lanes			
7:30 PM		Open Swim 7:30 - 8:45 pm 1 - 2 lanes			(There may be make-up swim lessons on Fridays from 11 to 2:40 or 4:15 to 6:25 PM)		

July 12 - August 18, 2019

Whether there are **1 - 2 lanes** is dependent upon the number of people in the pool at the time. Guards will put in a second lane if they are able.

Open and/or Family Swim times indicate when children may swim according to the Safety Swim Test Procedures.