

Pool Lane Schedule

September 1st – December 31st

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00am-8:00am		4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	
8:00am-9:30am		4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	5 Lap 1 Rec
9:30am-10:30am		Aquacize 1 Lap 1 Rec	4 Lap 2 Rec	Aquacize 1 Lap 1 Rec	4 Lap 2 Rec	Arthritis 1 Lap 1 Rec	5 Lap 1 Rec
10:30am-11:30am		Aquacize 1 Lap 1 Rec	Deep Water 1 Lap 1 Rec	Aquacize 1 Lap 1 Rec	Deep Water 1 Lap 1 Rec	4 Lap 2 Rec	Deep Water 1 Lap 1 Rec
11:30pm-4:00pm	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec	4 Lap 2 Rec
4:00pm-5:00pm	4 Lap 2 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	4 Lap 2 Rec	4 Lap 2 Rec (Closes 4:30pm)
5:00pm-6:15pm (Closes 5:30pm)	4 Lap 2 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	Swim Team 1 Lane 1 Rec	4 Lap 2 Rec	
6:15pm-7:30pm		4 Lap 2 Rec	Water Aerobics 1 Lap	4 Lap 2 Rec	Water Aerobics 1 Rec	4 Lap 2 Rec	

For more information about our Pool Lane Schedule, please email:

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