

# Indoor Pool Schedule Pre-Lessons

## Winter 2019 | January 27 - February 23

| Time     | Monday                                      | Tuesday                                      | Wednesday                                | Thursday   | Friday                                    | Saturday                                  | Sunday                                    |
|----------|---|--|--|--|---|---|---|
| 5:30 am  |   |  |  |  |   |   |   |
| 6:00 am  | Lap Swim<br>5:30-9:30am                     | Lap Swim<br>5:30-10am                        | Lap Swim<br>5:30-10am                    | Lap Swim<br>5:30-9:30am  | Lap Swim<br>5:30-10am                     | Lap Swim<br>8-11am                        | Lap Swim<br>8-11am                        |
| 6:30 am  |   |  |  |  |   |   |   |
| 7:00 am  |   |  |  |  |   |   |   |
| 7:30 am  |   |  |  |  |   |   |   |
| 8:00 am  |   |  |  |  |   |   |   |
| 8:30 am  |   |  |  |  |   |   |   |
| 9:00 am  |   |  |  |  |   |   |   |
| 9:30 am  | Aqua Fit Trina<br>9:30-10:15am              |  |  | Aqua Fit Trina<br>9:30-10:15am                                       |   |   |   |
| 10:00 am | Open Swim &<br>3 Lap Lanes<br>10:15-11:30am | Preschool &<br>2 Lap Lanes<br>10-11:30am     | Preschool &<br>2 Lap Lanes<br>10-11:30am |  |   |   |   |
| 10:30 am |   |  |  |  |   |   |   |
| 11:00 am |   |  |  |  |   |   |   |
| 11:30 am | Women's Only<br>11:30am-12:30pm             |  | Women's Only<br>11:30am-12:30pm          |  |   |   |   |
| 12:00 pm |   |  |  |  |   |   |   |
| 12:30 pm |   |  |  |  |   |   |   |
| 1:00 pm  |   |  |  |  |   |   |   |
| 1:30 pm  |   |  |  |  |   |   |   |
| 2:00 pm  |   |  |  |  |   |   |   |
| 2:30 pm  |   |  |  |  |   |   |   |
| 3:00 pm  | Open Swim &<br>3 Lap Lanes<br>12:30-7pm     | Open Swim &<br>3 Lap Lanes<br>11:30am-4:30pm | Open Swim &<br>3 Lap Lanes<br>12:30-7pm  | Open Swim &<br>3 Lap Lanes<br>10:15am-6:15pm                         | Open Swim &<br>3 Lap Lanes<br>10am-4:30pm | Open Swim &<br>3 Lap Lanes<br>11am-4:30pm | Open Swim &<br>3 Lap Lanes<br>11am-4:30pm |
| 3:30 pm  |   |  |  |  |   |   |   |
| 4:00 pm  |   |  |  |  |   |   |   |
| 4:30 pm  |   |  |  |  |   |   |   |
| 5:00 pm  |   |  |  |  |   |   |   |
| 5:30 pm  |   |  |  |  |   |   |   |
| 6:00 pm  |   |  |  |  |   |   |   |
| 6:30 pm  |   |  |  |  |   |   |   |
| 7:00 pm  | Men's Only<br>7-8pm                         | Open Swim &<br>3 Lap Lanes<br>5:30-8pm       | Men's Only<br>7-8pm                      | Water PLYO Randee<br>6:15-7pm<br>Open Swim &<br>3 Lap Lanes<br>7-8pm | KidsTime &<br>2 Lap Lanes<br>4:30-5:30pm  |   |   |
| 7:30 pm  |   |  |  |  |   |   |   |

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# Indoor Pool Schedule During Swim Lessons

## Winter/Spring 2019 Session / February 24 - April 4

| Time     | Monday                                      | Tuesday                                   | Wednesday                                | Thursday                                  | Friday                                    | Saturday                                  | Sunday                                    |
|----------|---|---|--|---|---|---|---|
| 5:30 am  |   |   |  |   |   |   |   |
| 6:00 am  | Lap Swim<br>5:30-9:30am                     | Lap Swim<br>5:30-10am                     | Lap Swim<br>5:30-10am                    | Lap Swim<br>5:30-9:30am                   | Lap Swim<br>5:30-10am                     | Lap Swim<br>8-11am                        | Lap Swim<br>8-11am                        |
| 6:30 am  |   |   |  |   |   |   |   |
| 7:00 am  |   |   |  |   |   |   |   |
| 7:30 am  |   |   |  |   |   |   |   |
| 8:00 am  |   |   |  |   |   |   |   |
| 8:30 am  |   |   |  |   |   |   |   |
| 9:00 am  | Aqua Fit Trina<br>9:30-10:15am              |   |  | Aqua Fit Trina<br>9:30-10:15am            |   |   |   |
| 9:30 am  |   |   |  |   |   |   |   |
| 10:00 am | Open Swim &<br>3 Lap Lanes<br>10:15-11:30am | Preschool &<br>2 Lap Lanes<br>10-11:30am  | Preschool &<br>2 Lap Lanes<br>10-11:30am |   |   |   |   |
| 10:30 am |   |   |  |   |   |   |   |
| 11:00 am |   |   |  |   |   |   |   |
| 11:30 am | Women's Only<br>11:30am-12:30pm             |   | Women's Only<br>11:30am-12:30pm          |   |   |   | Lessons &<br>3 Lap Lanes<br>11am-12pm     |
| 12:00 pm |   |   |  |   |   |   |   |
| 12:30 pm |   |   |  |   |   |   |   |
| 1:00 pm  | Open Swim &<br>3 Lap Lanes<br>12:30-3pm     | Open Swim &<br>3 Lap Lanes<br>11:30am-3pm | Open Swim &<br>3 Lap Lanes<br>12:30-3pm  | Open Swim &<br>3 Lap Lanes<br>10:15am-3pm | Open Swim &<br>3 Lap Lanes<br>10am-4:30pm | Open Swim &<br>3 Lap Lanes<br>11am-4:30pm | Open Swim &<br>3 Lap Lanes<br>12pm-4:30pm |
| 1:30 pm  |   |   |  |   |   |   |   |
| 2:00 pm  |   |   |  |   |   |   |   |
| 2:30 pm  |   |   |  |   |   |   |   |
| 3:00 pm  | Lessons &<br>3 Lap Lanes<br>3-5:30pm        | Lessons &<br>3 Lap Lanes<br>3-4:45pm      | Lessons &<br>3 Lap Lanes<br>3-5:30pm     | Lessons &<br>3 Lap Lanes<br>3-4:45pm      |   |   |   |
| 3:30 pm  |   |   |  |   |   |   |   |
| 4:00 pm  |   |   |  |   |   |   |   |
| 4:30 pm  |   | KidsTime &<br>2 Lap Lanes<br>4:45-5:45pm  |  |   |   |   |   |
| 5:00 pm  | Open Swim &<br>3 Lap Lanes<br>5:30-7pm      | Open Swim &<br>3 Lap Lanes<br>5:45-8pm    | Open Swim &<br>3 Lap Lanes<br>5:30-7pm   | Open Swim &<br>3 Lap Lanes<br>4:45-6:15pm | KidsTime &<br>2 Lap Lanes<br>4:30-5:30pm  |   |   |
| 5:30 pm  |   |   |  |   |   |   |   |
| 6:00 pm  |   |   |  |   |   |   |   |
| 6:30 pm  |   |   |  | Water PLYO Rande<br>6:15-7pm              |   |   |   |
| 7:00 pm  | Men's Only<br>7-8pm                         | Men's Only<br>7-8pm                       | Men's Only<br>7-8pm                      | Open Swim &<br>3 Lap Lanes<br>7-8pm       |   |   |   |
| 7:30 pm  |   |   |  |   |   |   |   |

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