



LAP POOL SCHEDULE

Schedule Effective
May 28 - June 16, 2019

Water Temp 82-84* 137,000 Gallons

6 Lane 25 Yards

(#) = Lanes Used

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 6am	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Closed	
6am - 7am			Coach on Deck (5) 6-7am				
7am - 8am			Lap Swim (5)			Lap Swim (4)	Lap Swim (4)
8am - 9am			HIIT Method 8-9am			HIIT Method 8-9am	
9am - 10am			Coach on Deck (5) 8:30-9:30			Lap Swim (4)	
10am - 11pm			Lap Swim (5)				
11am - 12pm			Lap Swim (5)				
12pm - 1pm			Lap Swim (5)				
1pm - 2pm			Lap Swim (5)				
2pm - 3pm			Lap Swim (5)				
3pm-4pm	Lap Swim (5)						
4pm -5pm	Lap Swim (5)						
5pm-6pm	Wave Ryders 4-6:45pm (5)	Wave Ryders 4-6:45pm (5)	Wave Ryders 4-6:45pm (5)	Wave Ryders 4-6:45pm (5)	Wave Ryders 4-6:00pm (5)		Lap Swim (4)
6p - 7pm	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (4)		
7pm-8:45pm						Closed at 7:45pm	

Please circle swim when lap swim times are busy.

WARM POOL SCHEDULE



Water Temp 90-92* 37,000 Gallons

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5am - 6am	Open Swim					Closed	Closed		
6am - 7am									
7am - 8am						18+	18+		
8am - 9am									
9am - 10am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics			
10am - 11am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
11am - 12pm									
12pm - 1pm	18+		18+		18+				
1pm - 2pm									
2pm - 3pm	Physical Therapy							Open Swim	Open Swim
3pm - 4pm									
4pm - 5pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
5pm - 6pm									
6pm - 7pm									
7pm - 8:45pm									
								Closed at 7:45pm	Closed at 7:45pm

***Private swim lessons may occur during Open Swim and Lap Swim times**

***Aqua Logics are only available during 18+ and Physical Therapy times**