



Lap Pool Master Schedule Winter 2023

Effective: January 2nd, 2022

Time	Sunday 8am-8:30pm	Monday 5:00am-10:30pm	Tuesday 5:00am-10:30pm	Wednesday 5:00am-10:30pm	Thursday 5:00am-10:30pm	Friday 5:00am-10:30pm	Saturday 8am - 8:30pm	
5:00	CLOSED						CLOSED	
5:30			Swim Team 2 lanes		Swim Team 2 lanes			
6:00				5:30-7		5:30-7		
6:30								
7:00		Masters		Masters		Masters		
7:30		Swim Team 4 lanes		Swim Team 4 lanes		Swim Team 4 lanes		
8:00							Swim Team	
8:30				Swim Lessons			7-8:30	
9:00			water walking w Cindi	8:30-9:30				
9:30		Deep Water Aerobics	9:00a-9:45a			Aqua Zumba	Swim Teams	
10:00		9:30-10:15 Total Water Aerobics	Total Water Aerobics	Total Water Aerobics		9:30-10:15	9am-11:15 4 Lanes	
10:30		10:30-11:15 Aerobics	10:00a-10:45a	10:00-10:45		Deep Water Aerobics	Aqua Zumba	
11:00						10:30-11:15	10:00-10:45	
11:30					Deep Water		Swim Lessons 9am-1pm	
12:00		Family Swim 12pm-4pm			11:30-12:15			
12:30						Total Water Aerobics		
1:00	Swim Lessons					12:30-1:15		
1:30	11:15-2:15							
2:00								
2:30								
3:00								
3:30								
4:00	Swim Team							
4:30	4:15p-5:30p 4 Lanes	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team 4:30-7pm 4 Lanes		
5:00		4:30-6pm 4 LANES	4:45-6pm 4 LANES	4:45-7pm 4 LANES	4:45-6pm 4 LANES			
5:30		Swim Lessons + Non-Comp	Swim Lessons	Swim Lessons	Swim Lessons +			
6:00		4:30-7:15 All Lanes	5:00-8:30 2 Lanes	5:15-8:50 Total Water	Non-Comp 5:30- 8:30 All Lanes			
6:30	Swim Team			Aerobics				
7:00	6:30-8:30 4 Lanes	Swim Team	Non Comp ST	7:00-7:45	Swim Team			
7:30		7:15-8:30 4 Lanes	6p-7p 4 Lanes	7:15-8:30 4 Lanes	7:15-8:15 4 Lanes			
8:00			Deep water Aerobics	Lessons til 8:50	Lessons til 8:15	BootCamp	CLOSED	
8:30			7:20-8:05			TRANZFORMERZ 1st & 3rd Friday		
9:00	CLOSED					8pm-10:30pm \$\$		
9:30								
10:00								
10:30								

• SPACE MAY BE LIMITED DURING BUSY HOURS. Programs & Lessons will have priority to pool space.

- Additional special programming may occur in the Aquatic Center – See Special Programming Calendar for details.
- We invite families and children to swim and play only during Family Swim Hours as scheduled.
- Children will not be permitted to wait on the deck while guardian swims laps, takes classes, use the hot tub, etc....
- Children participating in lap swimming MUST be able to swim multiple laps without stopping and without the use of flotation devices or the assistance of an adult. A swim test is required.
- Those children who are learning to swim laps may do so during family swim hours.
- Keep a current copy of this schedule for your convenience. Schedule subject to change based on programming needs.