

# SPORT FIT BOWIE

## A Health Club Like No Other

LAP POOL MASTER SCHEDULE  
WINTER 2025  
EFFECTIVE: JANUARY 1ST, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:00		Lap Swim 5:30-6:45 (2 Lanes)		Lap Swim 5:00-6:30 (2 Lanes)			
6:00 - 7:00		Lap Swim 5:30-6:45 (2 Lanes)	Swim Team 5:30-6:45 (4 Lanes)	Lap Swim 5:30-6:45 (2 Lanes)	Swim Team 5:30-6:45 (4 Lanes)		
7:00 - 8:00	Lap Swim 5:30-9:30 (6 Lanes)	Lap Swim 6:45-9:00 (6 Lanes)	Lap Swim 5:00-10:00 (6 Lanes)		Lap Swim 5:00-9:30 (6 Lanes)	Lap Swim 7:00-8:30 (2 Lanes)	Swim Team 7:00-8:30 (4 Lanes)
8:00 - 9:00				Lap Swim 6:45-11:30 (6 Lanes)		Lap Swim 8:30-9:00 (6 Lanes)	
9:00 - 10:00		Lap Swim 9:00-9:45 (4 Lanes)	Water Walking Aerobics 9:00-9:45 (2 Lanes)		Aqua Zumba 9:30-10:15 (2 Lanes)	Lap Swim 9:00-10:45 (1 Lane)	Non-Comp Swim Team 9:00-10:45 (3 Lanes)
10:00 - 11:00	Lap Swim 9:30-11:15 (4 Lanes)	Lap Swim 10:00-10:45 (4 Lanes)	Total Water Aerobics 10:00-10:45 (2 Lanes)	Lap Swim 10:00-10:45 (4 Lanes)	Total Water Aerobics 10:00-10:45 (2 Lanes)	Lap Swim 9:30-11:15 (4 Lanes)	Deep Water Aerobics 10:30-11:15 (2 Lanes)
11:00 - 12:00	Lap Swim 11:15-12:00 (6 Lanes)					Lap Swim 10:45-11:30 (4 Lanes)	Aqua Zumba 10:45-11:30 (2 Lanes)
12:00 - 1:00				Lap Swim 11:30-1:15 (4 Lanes)	Deep Water Aerobics 11:30-12:15 (2 Lanes)		Lap Swim 8:30-4:00 (6 Lanes)
1:00 - 2:00	Lap Swim 11:15-4:45 (5 Lanes)	Family Swim 12:00-4:00 (1 Lane)	Lap Swim 10:45-4:45 (6 Lanes)	Lap Swim 10:45-4:45 (6 Lanes)		Lap Swim 11:30-3:00 (6 Lanes)	
2:00 - 3:00					Lap Swim 11:15-5:00 (6 Lanes)		
3:00 - 4:00				Lap Swim 1:15-4:45 (6 Lanes)		Lap Swim 3:00-4:30 (2 Lanes)	Swim Team 3:00-4:30 (4 Lanes)
4:00 - 5:00	Lap Swim 4:00-4:45 (6 Lanes)						
5:00 - 6:00		Lap Swim 4:45-6:15 (1 Lane)	Swim Lessons 4:45-6:15 (1 Lane)	Swim Team 4:45-6:15 (4 Lanes)	Swim Lessons 4:45-6:15 (2 Lanes)	Swim Team 4:45-6:15 (4 Lanes)	Lap Swim 3:30-7:00 (2 Lanes)
6:00 - 7:00	Lap Swim 4:45-8:45 (1 Lane)	Swim Lessons 4:45-8:45 (1 Lane)	Swim Team 4:45-8:45 (4 Lanes)	Swim Lessons 5:15-7:15 (2 Lanes)	Swim Team 5:00-7:30 (2 Lanes)	Swim Team 5:00-8:30 (4 Lanes)	Swim Team 3:30-7:00 (4 Lanes)
7:00 - 8:00		Lap Swim 6:15-7:20 (1 Lane)	Non-Comp Swim Team 6:15-7:20 (1 Lane)	Lap Swim 6:15-7:00 (1 Lane)	Non-Comp Swim Team 6:15-7:15 (3 Lanes)	Lap Swim 4:00-8:30 (6 Lanes)	
8:00 - 9:00		Lap Swim 7:20-8:05 (2 Lanes)	Swim Lessons 6:15-8:00 (2 Lanes)	Deep Water Aerobics 7:20-8:05 (2 Lanes)	Lap Swim 7:30-7:45 (2 Lanes)		Lap Swim 7:00-8:30 (6 Lanes)
9:00 - 10:00	Lap Swim 8:45-10:30 (6 Lanes)	Lap Swim 8:05-10:30 (6 Lanes)	Lap Swim 8:45-10:30 (2 Lanes)	Lap Swim 8:30-10:30 (6 Lanes)	Lap Swim 8:30-10:30 (6 Lanes)		
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 Aquatics 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 walk on the deck while their guardian swims laps, takes classes, uses 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. The schedule is subject to change based on programming needs.