

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)			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)	Aqua Zumba 9:45-10:30 (2 Lanes)
11:00 - 12:00	Lap Swim 10:30-11:15 (2 Lanes)					Deep Water Aerobics 10:30-11:15 (2 Lanes)	Lap Swim 10:45-11:30 (2 Lanes)
12:00 - 1:00	Lap Swim 11:15-12:00 (6 Lanes)		Lap Swim 10:45-12:00 (6 Lanes)		Lap Swim 11:15-12:00 (6 Lanes)		Lap Swim 8:30-4:00 (6 Lanes)
1:00 - 2:00		Lap Swim 10:45-4:45 (6 Lanes)		Lap Swim 11:30-1:15 (4 Lanes)	Deep Water Aerobics 11:30-12:15 (2 Lanes)		
2:00 - 3:00	Lap Swim 12:00-4:45 (4 Lanes)	Family Swim 12:00-4:45 (2 Lanes)	Lap Swim 12:00-4:45 (4 Lanes)	Family Swim 12:00-4:45 (2 Lanes)	Lap Swim 12:00-5:00 (4 Lanes)	Lap Swim 11:30-3:00 (6 Lanes)	
3:00 - 4:00				Lap Swim 1:15-4:45 (6 Lanes)			
4:00 - 5:00						Lap Swim 3:00-4:30 (2 Lanes)	Swim Team 3:00-4:30 (4 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)		Lap Swim 3:30-7:00 (2 Lanes)
6:00 - 7:00	Lap Swim 4:45-8:45 (1 Lane)	Swim Team 4:45-8:45 (4 Lanes)	Swim Lessons 5:15-7:15 (2 Lanes)	Swim Team 4:45-6:15 (4 Lanes)	Swim Lessons 5:00-7:30 (2 Lanes)	Lap Swim 4:00-8:30 (6 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 6:15-7:15 (1 Lane)	Swim Lessons 6:15-7:15 (2 Lanes)	Lap Swim 6:15-7:15 (1 Lane)		
8:00 - 9:00		Lap Swim 7:20-8:05 (2 Lanes)	Deep Water Aerobics 7:20-8:05 (2 Lanes)	Aqua Bootcamp 7:00-7:45 (2 Lanes)	Swim Team 7:00-7:45 (4 Lanes)	Lap Swim 7:30-8:30 (2 Lanes)	
9:00 - 10:00	Lap Swim 8:45-10:30 (6 Lanes)	Lap Swim 8:05-10:30 (6 Lanes)	Lap Swim 7:45-8:45 (2 Lanes)	Lap Swim 8:30-10:30 (6 Lanes)	Lap Swim 8:30-10:30 (6 Lanes)		Lap Swim 7:00-8:30 (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 wait 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 swimmer, test is required.
 - Those children who are learning to swim will be required to attend family swim lessons.
 - Keep a current copy of this schedule for your convenience. The schedule is subject to change based on programming needs.