



POOL SCHEDULE

July 5-31, 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

5:30 A.M. - 8:00 A.M. Open Swim, 6 Lap Lanes
8:00 A.M. - 8:45 A.M. Water Fitness, 2 Lap Lanes
8:45 A.M. - 9:30 A.M. Open Swim, 6 Lap Lanes
9:30 A.M. - 10:15 A.M. Sore No More, 2 Lap Lanes
10:15 A.M. - 2:00 P.M. Open Swim, 6 Lap Lanes
2:00 P.M. - 3:30 P.M. Summer Adventures,
3 Lap Lanes
3:30 P.M. - 5:15 P.M. Open Swim, 6 Lap Lanes
5:15 P.M. - 6:00 P.M. Water Fitness, 3 Lap Lanes
6:00 P.M. - 7:00 P.M. Open Swim, 6 Lap Lanes

Tuesday

5:30 A.M. - 6:30 A.M. Sunrise Fitness, 4 Lap Lanes
6:30 A.M. - 8:00 A.M. Open Swim, 6 Lap Lanes
8:00 A.M. - 8:45 A.M. Hydro Cuffs, 2 Lap Lanes
8:45 A.M. - 4:00 P.M. Open Swim, 6 Lap Lanes
4:00 P.M. - 4:45 P.M. Swim Team, 4 Lap Lanes
4:45 P.M. - 6:00 P.M. Swim Lessons, Swim Team,
1 Lap Lane
6:00 P.M. - 7:00 P.M. Open Swim, 6 Lap Lanes

Wednesday

5:30 A.M. - 6:30 A.M. Open Swim, 6 Lap Lanes
6:30 A.M. - 7:30 A.M. Swim Team, 5 Lap Lanes
7:30 A.M. - 8:00 A.M. Open Swim, 6 Lap Lanes
8:00 A.M. - 8:45 A.M. Water Fitness, 2 Lap Lanes
8:45 A.M. - 9:30 A.M. Open Swim, 6 Lap Lanes
9:30 A.M. - 10:15 A.M. Sore No More, 2 Lanes
10:15 A.M. - 2:00 P.M. Open Swim, 6 Lap Lanes
2:00 P.M. - 3:30 P.M. Summer Adventures,
3 Lap Lanes
3:30 P.M. - 5:15 P.M. Open Swim, 6 Lap Lanes
5:15 P.M. - 6:00 P.M. Water Fitness, 3 Lap Lanes
6:00 P.M. - 7:00 P.M. Open Swim, 6 Lap Lanes

Thursday

5:30 A.M. - 6:30 A.M. Sunrise Fitness, 4 Lap Lanes
6:30 A.M. - 8:00 A.M. Open Swim, 6 Lap Lanes
8:00 A.M. - 8:45 A.M. Hydro Cuffs, 2 Lap Lanes
8:45 A.M. - 4:00 P.M. Open Swim, 6 Lap Lanes
4:00 P.M. - 4:45 P.M. Swim Team, 4 Lap Lanes
4:45 P.M. - 6:30 P.M. Swim Lessons, Swim Team,
(0 Lanes)
6:30 P.M. - 7:00 P.M. Open Swim, 6 Lap Lanes

Friday

5:30 A.M. - 8:00 A.M. Open Swim, 6 Lap Lanes
8:00 A.M. - 8:45 A.M. Water Fitness, 2 Lap Lanes
8:45 A.M. - 9:30 A.M. Open Swim, 6 Lap Lanes
9:30 A.M. - 10:15 A.M. Sore No More, 2 Lap Lanes
10:15 A.M. - 1:00 P.M. Open Swim, 6 Lap Lanes
1:00 P.M. - 4:00 P.M. Pool Closed (0 Lanes)
4:00 P.M. - 7:00 P.M. Open Swim, 6 Lap Lanes

Saturday

7:00 A.M. - 8:30 A.M. Open Swim, 6 Lap Lanes
8:30 A.M. - 9:30 A.M. Swim Team, 4 Lap Lanes
9:30 A.M. - 11:00 A.M. Swim Lessons, (0 Lanes)
11:00 A.M. - 1:00 P.M. Open Swim, 6 Lap Lanes

Sunday

Closed (June - August)

