



# POOL SCHEDULE

November 15 - 21, 2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Monday

5:30 A.M. - 6:30 A.M. Master's Swim, 3 Lap Lanes  
6:30 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. - 4:15 P.M. Open Swim, 6 Lap Lanes  
4:15 P.M. - 5:15 P.M. Swim Team, (0 Lanes)  
5:15 P.M. - 6:00 P.M. Water Fitness, 3 Lap Lanes  
6:00 P.M. - 8:00 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. - 4:15 P.M. Open Swim, 6 Lap Lanes  
4:15 P.M. - 5:15 P.M. Swim Team, Swim Lessons, (0 Lanes)  
5:15 P.M. - 8:00 P.M. Open Swim, 6 Lap Lanes

## Wednesday

5:30 A.M. - 6:30 A.M. Master's Swim, 3 Lap Lanes  
6:30 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. - 1:00 P.M. Open Swim, 6 Lap Lanes  
1:00 P.M. - 4:00 P.M. Closed  
4:00 P.M. - 5:15 P.M. Swim Team, (0 Lap Lanes)  
5:15 P.M. - 6:00 P.M. Water Fitness, 3 Lap Lanes  
6:00 P.M. - 8:00 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. - 10:15 A.M. Open Swim, 6 Lap Lanes  
10:15 A.M. - 10:45 A.M. 3K Swim Lessons, (0 Lanes)  
10:45 A.M. - 12:30 P.M. Open Swim, 6 Lap Lanes  
12:30 P.M. - 1:30 P.M. 4K Swim Lessons, 3 Lap Lanes  
1:30 P.M. - 4:15 P.M. Open Swim, 6 Lap Lanes  
4:15 P.M. - 5:15 P.M. Swim Team, (0 Lanes)  
5:15 P.M. - 6:30 P.M. Swim Lessons, (0 Lanes)  
6:30 P.M. - 8:00 P.M. Open Swim, 6 Lap Lanes

## Friday

5:30 A.M. - 6:30 A.M. Master's Swim, 3 Lap Lanes  
6:30 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. Closed  
4:00 P.M. - 4:45 P.M. After School Programming, 3 Lap Lanes  
4:45 P.M. - 8:00 P.M. Open Swim

## Saturday

7:00 A.M. - 9:30 A.M. Open Swim, 6 Lap Lanes  
9:30 A.M. - 11:00 A.M. Swim Lessons, (0 Lanes)  
11:00 A.M. - 2:00 P.M. Open Swim, 6 Lap Lanes

## Sunday

9:00 A.M. - 2:00 P.M. Open Swim, 6 Lap Lanes

