



POOL SCHEDULE

January 3 – February 20, 2022

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. – 6:00 P.M. Swim Lessons, 3 Lap Lanes
6:00 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 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. – 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

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

