

## INDOOR LAP POOL SCHEDULE

Monday															
Approximant times:															
Monday	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	10:00
Lane 5				9:00-10:00 Liquid Fit-O Cathy H		Reserved for swim lessons		Reserved for swim lessons			Reserved for swim lessons				
Lane 4															
Lane 3															
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Reserved for lane sharing			Reserved for lane sharing				
Lane 1															
Tuesday															
Tuesday	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	10:00
Lane 5				9:00-10:00 Aqua Bamba-O Christina		Res. Swim Lessons		1:15-2:15 Liquid Fit-I Sally K		Reserved for swim lessons			6:30-7:30 Aquabatta-O Cathy H		
Lane 4															
Lane 3															
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Reserved for lane sharing			Reserved for lane sharing				
Lane 1															
Wednesday															
Wednesday	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	10:00
Lane 5				9:00-10:00 Aqua Kickbox-O Cathy W		Reserved for swim lessons		Reserved for swim lessons			Reserved for swim lessons				
Lane 4															
Lane 3															
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Reserved for lane sharing			Reserved for lane sharing				
Lane 1															
Thursday															
Thursday	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	10:00
Lane 5								1:15-2:15 Liquid Fit-I Staff		Reserved for swim lessons			6:30-7:30 Aquabatta-O Cathy H		
Lane 4															
Lane 3															
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Reserved for lane sharing			Reserved for lane sharing				
Lane 1															
Friday															
Friday	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	9:00
Lane 5				9:00-10:00 Liquid Fit- O Christina K		Reserved for swim lessons		Reserved for swim lessons			Reserved for swim lessons				
Lane 4															
Lane 3															
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Reserved for lane sharing			Reserved for lane sharing				
Lane 1															
Saturday								Sunday							
Saturday	6:00	9:00	10:00	11:00	1:00-7:30				Sun	7:00	9:00	10:00	11:00	1:00 - 7:30	
Lane 5		9:00-10:00 Liquid Intervals-O Nancy		Reserved for swim lessons					Lane 6		9:00-10:00 Liquid Fit- O Cathy H	Reserved for swim lessons			
Lane 4								Lane 5							
Lane 3								Lane 4							
Lane 2	Reserved for lane sharing			Reserved for lane sharing				Lane 2	Reserved for lane sharing			Reserved for lane sharing			
Lane 1	Reserved for family swim								Lane 1	Reserved for family swim					

**PLEASE NOTE:** In the event of inclement weather *Swim for Fitness* may be moved indoors affecting lane availability. No one in the facility is guaranteed a lane by themselves. If the pool is crowded, it might require that you share a lane.

