

INDOOR LAP POOL SCHEDULE

Approximant times:													Monday					
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		Reserved for swim lessons		Reserved for swim lessons		Reserved for swim lessons								
Lane 4				Liquid Fit-O														
Lane 3				Cathy H														
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		Res. Swim Lessons		1:15-2:15		Reserved for swim lessons			6:30-7:30					
Lane 4				Aqua Bamba-O														
Lane 3				Christina														
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		Reserved for swim lessons		Reserved for swim lessons		Reserved for swim lessons								
Lane 4				Aqua Kickbox-O														
Lane 3				Cathy W														
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		Reserved for swim lessons			6:30-7:30					
Lane 4								Liquid Fit-I										
Lane 3								Staff										
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		Reserved for swim lessons		Reserved for swim lessons		Reserved for swim lessons								
Lane 4				Liquid Fit- O														
Lane 3				Christina K														
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		Reserved for swim lessons		Lane 6		9:00-10:00	Reserved for swim lessons									
Lane 4		Liquid Intervals-O																
Lane 3		Nancy																
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.

