

## INDOOR LAP POOL SCHEDULE

Monday															
Monday	Approximat 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		Reserved for swim lessons		Reserved for swim lessons		Reserved for swim lessons					
Lane 4				Liquid Fit-O								5:30-6:30 Reaxing			
Lane 3				Cathy H											
Lane 2	Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing					
Lane 1	Reserved for lane sharing														
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		7:15-8:15 Reaxing		Aqua Bamba-O				Liquid Fit-I					Aquabatta-O		
Lane 3				Christina				Sally K					Cathy H		
Lane 2	Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing					
Lane 1	Reserved for lane sharing														
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			12-12:45 Reaxing								
Lane 3				Cathy W											
Lane 2	Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing					
Lane 1	Reserved for lane sharing														
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				9:00-10:00		Reserved for swim lessons		1:15-2:15		Reserved for swim lessons			6:30-7:30		
Lane 4				H2O Yoga				Liquid Fit-I					Aquabatta-O		
Lane 3				Christina K				Iman					Cathy H		
Lane 2	Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing			Reserved for lane sharing					
Lane 1	Reserved for lane sharing														
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	Reserved for lane sharing														
Saturday								Sunday							
Saturday	6:00	9:00	10:00	11:00	1:00-7:30										
Lane 5		9:00-10:00		Reserved for swim lessons											
Lane 4		Liquid Fit-O													
Lane 3		Nancy													
Lane 2	Reserved for lane sharing			Reserved for lane sharing											
Lane 1	Reserved for family swim														
						Sun	7:00	9:00	10:00	11:00	1:00 - 7:30				
						Lane 6		9:00-10:00		Reserved for swim lessons					
						Lane 5		Liquid Fit- O							
						Lane 4		Cathy H							
	Reserved for lane sharing			Reserved for lane sharing			Lane 2	Reserved for lane sharing			Reserved for lane sharing				
	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.

