

# INDOOR LAP POOL SCHEDULE

## June

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 Liquid Fit-O		Reserved for swim lessons			1:15-2:15 Liquid Fit-O			Reserved for swim lessons																	
Lane 4									12:00-1:00 Reaxing- Ben						5:30-6:30 Reaxing- Ben														
Lane 3				9:00-10:00 Cathy H																									
Lane 2	Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing																
Lane 1																													
Tuesday														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		Res. Swim Lessons			1:15-2:15 Liquid Fit-I			Reserved for swim lessons					6:30-7:30 Aquabatta-O												
Lane 4	7:15-8:15 Reaxing- Ben																												
Lane 3				9:00-10:00 Christina					1:15-2:15 Sally K						6:30-7:30 Cathy H														
Lane 2	Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing																
Lane 1																													
Wednesday														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		Aqua Boot Camp		Res. for swim lessons			1:15-2:15 Aqua Tabatta			Reserved for swim lessons															
Lane 4						11-11:35 Cathy W		12:00-1:00 Reaxing- Ben																					
Lane 3											1:15-2:15 Iman Jammal																		
Lane 2	Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing																
Lane 1																													
Thursday														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 H2O Yoga					1:15-2:15 Liquid Fit-I			Reserved for swim lessons					6:30-7:30 Aquabatta-O												
Lane 4				9:00-10:00 Christina K																									
Lane 3									1:15-2:15 Iman						6:30-7:30 Cathy H														
Lane 2	Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing																
Lane 1																													
Friday														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		Reserved for swim lessons			Reserved for swim lessons			Reserved for swim lessons																	
Lane 4						Aqua Boot Camp																							
Lane 3				9:00-10:00 Christina K		11-11:35- Bobbi																							
Lane 2	Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing				Reserved for lane sharing																
Lane 1																													
Saturday							Sunday							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	Saturday	6:00	9:00	10:00	11:00	1:00 - 7:30	Sunday	7:00	9:00	10:00	11:00	1:00 - 7:30						
Lane 5	9:00-10:00 Liquid Fit-O		Reserved for swim lessons				Lane 6	8:30-9 Aqua HIIT		9:00-10:00 Liquid Fit- O		Reserved for swim lessons				Lane 5	8:30-9 Aqua HIIT		9:00-10:00 Liquid Fit- O		Reserved for swim lessons								
Lane 4							Lane 5	8:30-9 Express		9:00-10:00 Cathy H						Lane 4	8:30-9 Express		9:00-10:00 Cathy H										
Lane 3	9:00-10:00 Nancy						Lane 4	8:30-9 Express		9:00-10:00 Cathy H						Lane 3	9:00-10:00 Nancy												
Lane 2	Reserved for lane sharing				Reserved for lane sharing		Lane 3	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 2	Reserved for lane sharing				Reserved for lane sharing				Lane 1	Reserved for family swim				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.