

INDOOR LAP POOL SCHEDULE

July

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			1:15-2:15		Reserved for swim lessons				
Lane 4				Liquid Fit-O			12:00-1:00		Liquid Fit-O			5:30-6:30			
Lane 3				Cathy H			Reaxing- Ben		Iman Jammal			Reaxing- Ben			
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				
Lane 4		7:15-8:15		Aqua Bamba-O					Liquid Fit-I				6:30-7:30		
Lane 3		Reaxing- Ben		Christina					Sally K				Aquabatta-O		Cathy H
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	Res. for swim lessons			1:15-2:15	Reserved for swim lessons				
Lane 4				Aqua Kickbox-O		Boot Camp		12:00-1:00		Aqua Tabatta					
Lane 3				Cathy W		11-11:35		Reaxing- Ben		Iman Jammal					
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				9:00-10:00				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															
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		Aqua Boot Camp									
Lane 3				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	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	8:30-9	9:00-10:00	Reserved for swim lessons					
							Lane 5	Aqua HIIT	Liquid Fit- O						
							Lane 4	Express	Cathy H						
							Lane 2	Reserved for lane sharing			Reserved for lane sharing				
							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.

