

2016-2017 Indoor Pool Schedule

We strive to maintain 2 Lap Lanes for Lap Swim at all times

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:30								5:30		
6:00								6:00		
6:30			5:45 - 6:45 am Master Swim (jacuzzi available)		5:45 - 6:45 am Master Swim (jacuzzi available)	5:30-7:30am Crossfit		6:30		
7:00	Pool Opens at 7:30 am						Pool Opens at 7:30 am	7:00		
7:30	OPEN Swim & Lap Swim						OPEN Swim & Lap Swim	7:30		
8:00			8 - 8:50 am Water Aerobics		8 - 8:50 am Water Aerobics			8 - 8:50 am Water Aerobics	8:00	
8:30									8:30	
9:00		9 - 10 am Water Aerobics	OPEN Swim	9 - 9:55 am Water Aerobics	OPEN Swim	9 - 9:55 am Water Aerobics		OPEN Swim	9 - 9:55 am Water Aerobics	9:00
9:30				9:30- 10:25 am Water Zumba	9 - 9:55 am Water Aerobics	OPEN Swim		9 - 9:55 am Water Zumba		9:30
10:00					9:30-11:30am CDC Lessons					10:00
10:30						9:30-11:30am CDC Lessons		9:45-10:30am Crossfit		10:30
11:00										11:00
11:30			11:30-12 PreMasters		11:30-12 PreMasters			11:30-12 PreMasters		11:30
12:00			12 - 1 pm Master Swim		12 - 1 pm Master Swim			12 - 1 pm Master Swim		12:00
12:30										12:30
1:00				1 - 2 pm <i>Heritage Center</i>		1 - 2 pm <i>Heritage Center</i>				1:00
1:30										1:30
2:00										2:00
2:30	2:00pm-4:45pm Group Swim Lessons							2:30		
3:00								3:00		
3:30								3:30		
4:00								4:00		
4:30	4:30 - 5:30 pm Youth Stroke	4:30 - 5:15 AKK						4:30		
5:00				4:30-5:30pm Water Aerobics				5:00		
5:30	5:30-6:30pm Pre-Compete	5:30-6:30pm Water Aerobics	5:30-6:30pm Water Aerobics		5:30-8:15 pm Group Swim Lessons	Pool Closes at 6:30 pm (April-Sept) Pool Closes at 5:30 pm (Oct-Mar)		5:30		
6:00		6:30-7:30 Pre-Compete	6:30-7:30 pm Youth Stroke Refinement	7:00-8:00 Pre-Compete 4 lanes				6:00		
6:30	Pool Closes at 6:30 pm				6:30-7:30 pm Youth Stroke Refinement		Pool Closes at 6:30 pm	6:30		
7:00										
7:30										
8:00										
8:30										
9:00										
9:30										
Pool Closes at 9:30 pm										



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