

Lap Pool

Feb 22- 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM							
7:00 AM						LAP SWIM	LAP SWIM
7:30 AM							
8:00 AM		Water Fitness 8-9 (3 Ins)		Water Fitness 8-9 (3 Ins)		7 LANES	7 LANES
8:30 AM							
9:00 AM		# Triathlon 101 9-10 (3 Ins)				Water Fitness 9-10 (3 Ins)	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
12:30 PM							
1:00 PM	7 LANES	7 LANES	7 LANES	7 LANES	7 LANES		
1:30 PM						LAP SWIM	
2:00 PM							
2:30 PM						7 LANES	
3:00 PM							
3:30 PM							
4:00 PM			PCHS Lanes 1-3				
4:30 PM		#Level 2 (2 Ins) 4:30-5:30	4pm - 5pm	#Level 3 (2 Ins) 4:30-5:30			
5:00 PM							
5:30 PM		#Level 1 (1 In) 5:35-6:20		#Level 1 (1 In) 5:35-6:20			
6:00 PM	Water Fitness 6-7 (3 Ins)	#Level 3 (2 Ins) 6:30-7:30	Water Fitness 6-7 (3 Ins)	#Level 2 (2 Ins) 6:30-7:30			
6:30 PM							
7:00 PM							
7:30 PM		#Tri 101 6:30 -7:30 (3)					
8:00 PM	LAP SWIM		LAP SWIM				
8:30 PM							
9:00 PM	7 LANES		7 LANES				
9:30 PM							

Schedule may vary weekly and is subject to change.

* Punch card class-non-members may attend with purchase of card at service desk

Must pre-register for class

ALL UNMARKED PROGRAMS ARE DROP-IN CLASSES FOR MEMBERS ONLY

Family/Therapy Pool

Feb 22-28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	OPEN	OPEN	OPEN	OPEN	OPEN		
6:00 AM							
7:00 AM	SWIM	SWIM	SWIM	SWIM	SWIM	OPEN	OPEN
7:30 AM							
8:00 AM	* Specialty Splash 8-9		* Specialty Splash 8-9		* Specialty Splash 8-9	SWIM	SWIM
8:30 AM						#Group Lessons 8:45-9:25	
9:00 AM	* Specialty Splash 9-10		* Specialty Splash 9-10		* Specialty Splash 9-10	#Group Lessons 9:30-10:10	
9:30 AM		#Group Lessons 9:30-10:10				#Group Lessons 10:15-10:55	
10:00 AM							
10:30 AM			GISD 10:30-11:30				
11:00 AM						#Privates	
11:30 AM						11, 11:30, 11:40	
12:00 PM						OPEN	
12:30 PM						SWIM	
1:00 PM		*Sr. Splash 1:00-2:00		*Sr. Splash 1:00-2:00			
1:30 PM			#Group Lessons 1:30-2:10				
2:00 PM		OPEN		OPEN			
2:30 PM	OPEN SWIM	SWIM	OPEN SWIM	SWIM			
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM		#Group Lessons 5:30-6:10		#Group Lessons 5:30-6:10			
6:00 PM							
6:30 PM		6:15-6:55		6:15-6:55			
7:00 PM		OPEN		OPEN			
7:30 PM		SWIM		SWIM			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

OPEN SWIM POLICY: AGE 0-5 MUST BE ACCOMPANIED BY AN ADULT

AGE 6-12 SHOULD SWIM THE LENGTH OF POOL - ADULT MUST SIGN IN & REMAIN IN CLUB

There is LIMITED SPACE DURING SHADED TIMES

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Must pre-register for class