

COMPETITION POOL

LAP SWIM – RESERVATIONS REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-4:00 pm ALL LANES	5:00am-6:00am ALL LANES	5:00am-4:00 pm ALL LANES	5:00am-6:00am ALL LANES	5:00am-4:00 pm ALL LANES	7:30 am – 9:00 am SWIM PRACTICE	8:00am-12:00pm ALL LANES
	6:00am - 7:15am SWIM PRACTICE		6:00am - 7:15am SWIM PRACTICE		9:00 am- 10:00am LANES 4-8 OPEN	
	7:30am - 4:00pm ALL LANES		7:30 am - 4:00pm ALL LANES		LANES 1-3 DIVING PRACTICE	
4:00pm-6:15pm SWIM PRACTICE	4:00pm-6:15pm SWIM PRACTICE	4:00pm-6:15pm SWIM PRACTICE	4:00pm-6:15pm SWIM PRACTICE	4:00pm-6:15pm SWIM PRACTICE		
6:30 pm - 8:00pm LANES 4-8 OPEN	6:30 pm - 8:00pm LANES 4-8 OPEN	6:30 pm - 8:00pm LANES 4-8 OPEN	6:30 pm - 8:00pm LANES 4-8 OPEN	6:30 pm - 8:00pm LANES 4-8 OPEN	10:00am-2:00pm ALL LANES	
LANES 1-3 DIVING PRACTICE	LANES 1-3 DIVING PRACTICE	LANES 1-3 DIVING PRACTICE	LANES 1-3 DIVING PRACTICE	LANES 1-3 DIVING PRACTICE		

WATER FITNESS – SHALLOW END (LANES 1-3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 pm – 7:15 pm Hydro Training (Shallow End) Holly/Amanda	9:00 – 10:00 am Hydro Training (Shallow End) Julie	6:15 pm – 7:15 pm Hydro Training (Shallow End) Holly/Amanda			

Hydro Training: Hydro Training will improve fitness levels and help members strengthen abdominals and overall muscle tone. Classes vary each week, involving variety of equipment.

LEISURE POOL

LAP SWIM- LANES 1 & 2 – RESERVATIONS REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 5:00pm LANES 1 & 2 OPEN	5:00am - 8:00pm LANES 1 & 2 OPEN	5:00am - 5:00pm LANES 1 & 2 OPEN	5:00am - 8:00pm LANES 1 & 2 OPEN	5:00am - 8:00pm LANES 1 & 2 OPEN	7:00am - 2:00pm LANES 1 & 2	8:00am - 12:00pm LANES 1 & 2
5:00 – 8:00 PM LANE 2 OPEN LANE 1 LESSONS		5:00pm – 8:00 PM LANE 2 OPEN LANE 1 LESSONS				

FAMILY SWIM - RECREATION AREA– RESERVATIONS REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-8:00pm FAMILY SWIM	5:00am-8:00pm FAMILY SWIM	5:00am-8:00am FAMILY SWIM	5:00am-8:00pm FAMILY SWIM	5:00am-8:00pm FAMILY SWIM	7:00am-2:00pm FAMILY SWIM	8:00am-12:00pm FAMILY SWIM