

9am

10am

11am

12pm

1pm

DEEP END

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
--	--------	--------	--------	--------	--------	--------	--------	--------

6am

	TIDE 6:15-7:30am SC Lanes 1-4							
--	----------------------------------	--	--	--	--	--	--	--

7am

8am

9am

			Deep H2O Aquasize 9-9:45am SC Lanes 3-8					
--	--	--	--	--	--	--	--	--

10am

11am

12pm

1pm

Wednesday *(Long Course Set up until 10am)

SHALLOW END

Time

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
--	--------	--------	--------	--------	--------	--------	--------	--------

6am

	TIDE 6:15-7:30am LC Lanes 1-4							
--	----------------------------------	--	--	--	--	--	--	--

7am

8am

9am

	PUSH TO SHORT COURSE AT 9:50am							
--	--------------------------------	--	--	--	--	--	--	--

10am

11am

12pm

1pm

DEEP END

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am	TIDE 6:15-7:30am LC Lanes 1-4							
8am								
9am	PUSH TO SHORT COURSE AT 9:50am							
10am	PUSH TO SHORT COURSE AT 9:50am							
11am	PUSH TO SHORT COURSE AT 9:50am							
12pm	FITSWIM 12:10-1pm SC Lanes 1-3							
1pm	FITSWIM 12:10-1pm SC Lanes 1-3							

Thursday

SHALLOW END

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6am								
7am								
8am								
9am								
10am								
11am								
12pm								
1pm								

DEEP END

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6am	TIDE 6:15-7:30am SC Lanes 1-2							
7am	TIDE 6:15-7:30am SC Lanes 1-2							
8am								
9am	Deep H2O Aquasize 9-9:45am SC Lanes 3-8							

10am

11am

12pm

1pm

Friday *(Long Course Set up until 10am)

SHALLOW END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm

1pm

DEEP END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm

1pm

Leisure Pool Usage

Monday: Arthritics/Aquacise 11:15am - 1:00pm

Tuesday: Strong Moms 10:00am - 12:00pm

Wednesday: Arthritics/Aquacise 11:15am - 1:00pm

Friday: Arthritics 11:15am - 12:00pm