

Pool Usage Per hour Mornings

**Monday** \*(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 3LC Lanes							
7am	Lane 1-3							

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm

FITSWIM 12:10-1pm  
SC Lanes 2-5

Arthritics  
11:15-1

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 3LC Lanes							
7am	Lane 1-3							

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm

1pm

**Tuesday**

**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

Strong Mom  
10-12pm

**DEEP 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

TIDE 6:15-7:30am  
SC Deep 1-3

Artistic Swimming 6:00-8:00am  
SC Deep 4-8

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

**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

10am

11am

12pm

1pm

Aqua  
11:15-1

**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

10am

11am

12pm

1pm

PUSH TO SHORT COURSE AT 9:50am

FITSWIM 12:10-1pm  
SC Lanes 1-4

**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
--------	--------	--------	--------	--------	--------	--------	--------

Artistic Swimming 6:00-8:00pm  
SC Deep 1-4

TIDE 6:15-7:30am  
SC Deep 7-8

7am

8am

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

Arthitics  
11:15-12

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