

# LAP POOL

Effective June 25, 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-8:50	6:00-8:50	6:00-8:50	6:00-8:50	6:00-8:50		
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	8:00 - 12:00	
8:00 AM							Lap Swim	
9:00 AM		2 x a week session swim lessons						
10:00 AM								
11:00 AM		11:00-12:00 Lap Swim	Aquacise	11:00-2:45	Aquacise	11:00-2:45 Lap Swim		
12:00 PM		12:00 Aquacise	12:00-2:45 Lap Swim	Lap Swim	12:00-2:45 Lap Swim	12:00-2:45 Lap Swim		
1:00 PM		1:00-1:45 Lap Swim	2:45-3:15 2 Lanes Lap	2:45-3:15 2 Lanes Lap	2:45-3:15 2 Lanes Lap	2:45-3:15 2 Lanes Lap		
2:00 PM		2:00 Aquacise	Swim Lessons	2:45-4:45				
3:00 PM		Camp			4:00-5:00			
4:00 PM		4:45-5:30 Jr. Breakers		5:00-5:30 Lap Swim				
5:00 PM		5:30-6:00	5:00-6:00	5:30 LaBlast Splash	5:00-6:00	5:00 - 7:00		
6:00 PM		Lap Swim	Lap Swim	5:30- 6:30 2 Lanes Lap	Lap Swim	2 Lanes Lap		
7:00 PM		6:00-7:00	6:00-7:00	6:30-7:00	6:00-7:00	2 Open Lanes		
8:00 PM		Masters	Masters	Lap Swim	Masters			

Signup is required for Masters, Aquacise and LaBlast Splash

Circle swimming will be enforced if more than 2 swimmers are swimming per lane

1 Length = 25 yards

72 Lengths = 1 mile

## Adult Warm Water Pool

Effective June 25, 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50		
7:00 AM		Adult Open	Adult Open	Adult Open	Adult Open	Adult Open		
8:00 AM								
9:00 AM		9:00-11:15	AJH	Swim Lessons	AJH	Swim Lessons	8:00-12:00	
10:00 AM		Swim Lessons	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	Adult Open
11:00 AM		11:30 Encore						
12:00 PM		12:15 AFAP	12:15-3:15	Adult Open	12:15 AFAP	12:15 - 3:15	12:15 Aqua Yoga	
1:00 PM		1:00 Aqua Yoga			1:15-3:15	Adult Open	1:00-3:15	
2:00 PM		2:15-3:15 Adult Open			Adult Open	Adult Open	Adult Open	
3:00 PM		Swim Lessons				3:30 - 5:00		
4:00 PM								
5:00 PM		5:00-6:10 Adult Open	5:00-6:10 AJH	5:00-6:10 Adult Open	5:00-6:10 Adult Open	5:00-7:00		
6:00 PM		6:15 - 7:00	6:15-7:00	6:15-7:00	6:15 - 7:00	Adult Open		
7:00 PM		Encore	Adult Open	AquaStretch	Encore			
8:00 PM								

**Warm Water Pool is for 18 years and over**

There is No Lap Swimming in the Warm Water Pool

Signup is required for Aqua Stretch, Aqua Yoga and AFAP

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