

# LAP POOL

Effective January 2, 2023

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-11:50	6:00-10:50	6:00-3:50	6:00-10:50	6:00-3:50		
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM							8:00-12:00	
9:00 AM							Lap Swim	
10:00 AM								
11:00 AM								
11:00 AM			11:00 Aquacise		11:00 Aquacise			
12:00 PM		12:00 Aquacise	12:00-3:50		12:00-3:50			
1:00 PM		1:00-3:50	Lap Swim		Lap Swim			
2:00 PM		Lap Swim						
3:00 PM								
4:00 PM		Swim Lessons 4:00-5:15						
5:00 PM			5:30-6:30	5:30-6:30	5:15- 6:30 2 Lanes Lap	5:30-6:30	5:15-6:30	
6:00 PM			Lap Swim	Masters	5:30-6:15 Aquacise	Masters	2 Lap/2 Open	
7:00 PM		6:30 Triton Swim Team	6:30 Triton Swim Team	6:30 Triton Swim Team	6:30 Triton Swim Team	6:30 Triton Swim Team		

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 January 2, 2023

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								8:00-12:00
9:00 AM		Swim Lessons	AJH	Swim Lessons	AJH	Swim Lessons	Adult Open	
10:00 AM		9:00 - 11:15	9:00 - 12:00	9:00 - 11:15	9:00 - 12:00	9:00 - 11:15		
11:00 AM		11:15-12:00 Adult Open		11:15-12:00 Adult Open		11:30-12:15 Aqua Yoga		
12:00 PM		12:15 AFAP	12:15 Encore	12:15 AFAP	12:15 - 3:15	12:15 Aqua Yoga		
1:00 PM		1:00 Aqua Yoga	12:45-3:15	1:00-3:15	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 3:20-5:00						
4:00 PM								
5:00 PM		5:10-6:10 Adult Open	5:00-6:10 AJH	5:10-6:10 Adult Open	5:10-6:10 Adult Open	5:10-7:00		
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			

**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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