

# LAP POOL

Effective June 24, 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-9:20	6:00-8:50	6:00-8:50	6:00-8:50	6:00-9:20		
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		Camp 9:30-10:30	Swim Lessons 9:00 - 11:00				Camp 9:30-10:30	
10:00 AM		10:35-11:50	Swim Lessons 9:00 - 11:00				10:35-1:50	
11:00 AM		Lap Swim	Aquacise 11:00	11:00-3:15	Aquacise 11:00	Lap Swim		
12:00 PM		Aquacise 12:00	12:00-3:15	Lap Swim	12:00-3:15		12-12:45 Open Swim	
1:00 PM			Lap Swim		Lap Swim	Aquacise 2:00-2:45		
2:00 PM			Swim Lessons 3:20-5:00					
3:00 PM		1:00-6:25	Swim Lessons 3:20-5:00				2:50-7:00	
4:00 PM		2 Lanes Lap	5:05-6:25	5:05-5:30 4 Lap Lanes	5:05-6:25	2 Lanes Lap		
5:00 PM		2 Lanes Open	2 Lanes Lap	5:05-6:25 2 Lap Lanes	2 Lanes Lap	2 Lanes Open		
6:00 PM			2 Lanes Open	5:30- 6:15 Aquacise	2 Lanes Open			
7:00 PM		6:30-8	6:30-8	6:30-8	6:30-8			
8:00 PM		NSSC	NSSC	NSSC	NSSC			

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 24, 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00 - 8:50	6:00 - 7:45	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				7:50-8:55 Lessons				8:00-12:45 Adult Open
9:00 AM		9:00-11:15	AJH	Swim Lessons	AJH	Swim Lessons		
10:00 AM		Swim Lessons	9:00 - 12:00	9:00 - 11:15	9:00 - 12:00	9:00 - 11:15		
11:00 AM		11:15-12:00 AFAP	12			11:30-Gen. Aqua Mov		
12:00 PM		12:05-12:55 Adult Open	12:15 Encore	12:15 AFAP	12:15 AFAP (7 weeks)	12:15 Aqua Yoga		
1:00 PM		1:00 Aqua Yoga	1:00-3:15	1:15-3:15	1:00-3:15	1:15-5:00		
2:00 PM		2:15-3:15 Adult Open	Adult Open	Adult Open	Adult Open	Adult Open		
3:00 PM		Swim Lessons 3:20-5:00						
4:00 PM								
5:00 PM		5:05-6:00 Adult Open	5:00-6:10 AJH	5:05-6:10 Swim Lessons	5:05-6:00 Encore	5:05-5:50 Aqua Stretch		
6:00 PM		6:00 - 7:00	6:15-7:00	6:15-7:00	6:00 - 7:00	6:00-7:00		
7:00 PM		Encore	Adult Open	AquaStretch	Adult Open	Adult Open		
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

