

# Main Pool Lap/Open Swim Schedule

January 1- April 1, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7 am	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)		Please ask the pool staff for assistance if a 3 <sup>rd</sup> lap lane is needed.
7 - 8 am	Lap Swim (3 lanes) Water Walk	Lap Swim (2 lanes)	Lap Swim (3 lanes) Water Walk	Lap Swim (2 lanes)	Lap Swim (3 lanes) Water Walk	Lap Swim (2 lanes) Water Walk	
8 - 9 am	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	
9 - 10 am	<b>OPEN SWIM</b> Lap Swim (3 lanes) (9:15 - 10 )	Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes) (9:15 - 10)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	Lap Swim (2 lanes)	No open swim during any instructor-led class or <i>Swim Lessons</i> .
10 - 11 am	Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
11 am - Noon	Lap Swim (3 lanes) Water Walk/Open	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Lap Swim (3 lanes) Water Walk/Open	Adult Stroke Technique Class (2 lanes) Lap Swim (2 lanes)	Lap Swim (3 lanes) Water Walk/Open	Masters Swim 9:45 - 11:00 (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
Noon - 1 pm	Lap Swim (3 lanes) Water Walk/ <b>OPEN SWIM</b>	Lap Swim (3 lanes) Water Walk	Lap Swim (3 lanes) Water Walk/Open	Lap Swim (3 lanes) Water Walk	Lap Swim (3 lanes) Water Walk/Open	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
1 - 2 pm	Lap Swim (2 lanes)	Lap Swim (2 lanes) Water Walk <b>OPEN SWIM</b> Deep	Lap Swim (2 lanes)	Lap Swim (2 lanes) Water Walking <b>OPEN SWIM</b> Deep	Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)
2 - 4 pm	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes) Adaptive Aquatics Share Lap Lane 1 (3:00-7:30 pm)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes) Adaptive Aquatics Share Lap Lane 1 (3:00-7:30 pm)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)
4 - 5:15pm	<i>Swim Lessons</i> 4:00-5:25 (2/20-3/15 & 3/26-4/12) Lap Swim (2 lanes)	<i>Swim Lessons</i> 4:00-5:25 (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	<i>Swim Lessons</i> 4:00-5:25 (2/20-3/15 & 3/26-4/12) Lap Swim (2 lanes)	<i>Swim Lessons</i> 4:00-5:25 (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)
5:15 - 6:15 pm	Lap Swim (2 lanes)	<i>Swim Lessons</i> (6:00 pm) Adaptive Aquatics Share Lap Lane 1	Lap Swim (3 lane) Adaptive Aquatics Share Lap Lane 1	<i>Swim Lessons</i> (6:00) Adaptive Aquatics Share Lap Lane 1	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (2 Lanes) Until 5:45	<b>OPEN SWIM</b> Lap Swim (2 lanes) Until 5:45
6:16 - 7 pm	Lap Swim (3 lanes)	<i>Swim Lessons</i> (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	Lap Swim (1 lane) Adaptive Aquatics Share Lap Lane 1	<i>Swim Lessons</i> (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	<b>OPEN SWIM</b> Lap Swim (2 lanes)		
7 - 8 pm	Lap Swim (2 lanes)	<i>Swim Lessons</i> (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	Lap Swim (2 lanes)	<i>Swim Lessons</i> (2/20-3/15 & 3/26-4/12) Adaptive Aquatics Share Lap Lane 1	<b>OPEN SWIM</b> Lap Swim (2 lanes)		
8 - 9:45 pm	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2 lanes)		

**MASTER'S SWIMMING:** All swimming levels are welcome. Swim between 1800-3000 yards.

**WATER WALKING (DEEP OR SHALLOW):** Time for people who enjoy walking in the shallow or deep water. Pool staff is available for questions.

**Please note that the pool closes 15 minutes before the rest of the facility.**

