



# POOL SCHEDULE

January 2 – February 17, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Monday

5:30 A.M. – 6:30 A.M.  
6:30 A.M. – 8:00 A.M.  
8:00 A.M. – 8:45 A.M.  
8:45 A.M. – 9:30 A.M.  
9:30 A.M. – 10:15 A.M.  
10:15 A.M. – 5:15 P.M.  
5:15 P.M. – 6:00 P.M.  
6:00 P.M. – 6:30 P.M.  
6:30 P.M. – 8:00 P.M.

Master's Swim, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Water Fitness, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Sore No More, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Water Fitness, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Swim Team, (0 Lanes)

## Tuesday

5:30 A.M. – 6:30 A.M.  
6:30 A.M. – 8:00 A.M.  
8:00 A.M. – 8:45 A.M.  
8:45 A.M. – 4:15 P.M.  
4:15 P.M. – 5:15 P.M.

5:15 P.M. – 6:30 P.M.  
6:30 P.M. – 8:00 P.M.

Sunrise Fitness, 4 Lap Lanes  
Open Swim, 6 Lap Lanes  
Hydro Cuffs, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Swim Lessons/Swim Team  
(0 Lanes)  
Open Swim, 6 Lap Lanes  
Swim Team, (0 Lanes)

## Wednesday

5:30 A.M. – 6:30 A.M.  
6:30 A.M. – 8:00 A.M.  
8:00 A.M. – 8:45 A.M.  
8:45 A.M. – 9:30 A.M.  
9:30 A.M. – 10:15 A.M.  
10:15 A.M. – 1:00 P.M.  
1:00 P.M. – 4:00 P.M.  
4:00 P.M. – 5:15 P.M.  
5:15 P.M. – 6:00 P.M.  
6:00 P.M. – 6:30 P.M.  
6:30 P.M. – 8:00 P.M.

Master's Swim, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Water Fitness, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Sore No More, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Closed  
Open Swim, 6 Lap Lanes  
Water Fitness, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Swim Team, (0 Lanes)

## Thursday

5:30 A.M. – 6:30 A.M.  
6:30 A.M. – 8:00 A.M.  
8:00 A.M. – 8:45 A.M.  
8:45 A.M. – 10:15 A.M.  
10:15 A.M. – 10:45 A.M.  
10:45 A.M. – 12:30 P.M.  
12:30 P.M. – 1:30 P.M.  
1:30 P.M. – 4:15 P.M.  
4:15 P.M. – 6:30 P.M.

6:30 P.M. – 8:00 P.M.

Sunrise Fitness, 4 Lap Lanes  
Open Swim, 6 Lap Lanes  
Hydro Cuffs, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
3K Swim Lessons, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
4K Swim Lessons, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Swim Lessons/Swim Team,  
(0 Lanes)  
Swim Team, (0 Lanes)

## Friday

5:30 A.M. – 6:30 A.M.  
6:30 A.M. – 8:00 A.M.  
8:00 A.M. – 8:45 A.M.  
8:45 A.M. – 9:30 A.M.  
9:30 A.M. – 10:15 A.M.  
10:15 A.M. – 1:00 P.M.  
1:00 P.M. – 4:00 P.M.  
4:00 P.M. – 8:00 P.M.

Master's Swim, 3 Lap Lanes  
Open Swim, 6 Lap Lanes  
Water Fitness, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Sore No More, 2 Lap Lanes  
Open Swim, 6 Lap Lanes  
Closed  
Open Swim, 6 Lap Lanes

## Saturday

7:00 A.M. – 9:00 A.M.  
9:00 A.M. – 11:00 A.M.  
11:00 A.M. – 1:00 P.M.

Open Swim, 6 Lap Lanes  
Swim Lessons, (3 Lanes)  
Open Swim, 6 Lap Lanes

## Sunday

11:00 A.M. – 2:00 P.M.

Open Swim, 6 Lap Lanes

