



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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<b>Monday</b>	
5:15 am - 7:00 am	3 Masters / 3 lap lanes
7:00 am - 9:00 am	4 lap Lanes / 2 open swim
9:00 am - 10:00 am	3 lap lanes / 3 water aerobics
10:00 am - 3:30 pm	3 lap lanes / 3 open swim
3:30 pm - 6:25 pm	Swim Team Practice
6:35 pm - 7:30 pm	3 lap lanes / 3 water aerobics
7:30 pm - 8:30 pm	3 open swim / 3 adult lessons
8:30 pm - 9:30 pm	3 lap lanes / 3 open swim

<b>Tuesday</b>	
5:15 am - 7:00 am	3 lanes lap / 3 Swim Team
7:00 am - 9:00 am	4 lap Lanes / 2 open swim
9:00 am - 10:00 am	3 lap lanes / 3 water aerobics
10:00 am - 3:30 pm	3 lap lanes / 3 open swim
3:30 pm - 6:15 pm	Swim Team Practice
6:20 pm - 8:00 pm	Swim Lessons
8:00 pm - 9:30 pm	3 open swim / 3 lap lanes

<b>Wednesday</b>	
5:15 am - 7:00 am	3 Masters / 3 lap lanes
7:00 am - 9:00 am	4 lap Lanes / 2 open swim
9:00 am - 10:00 am	3 lap lanes / 3 water aerobics
10:00 am - 3:30 pm	4 lap Lanes / 2 open swim
3:30 pm - 6:25 pm	Swim Team Practice
6:35 pm - 7:30 pm	3 lap lanes / 3 water aerobics
7:30 pm - 9:30 pm	3 lap lanes / 3 open swim

<b>Thursday</b>	
5:15 am - 7:00 am	3 lanes lap / 3 Swim Team
7:00 am - 9:00 am	4 lap Lanes / 2 open swim
9:00 am - 10:00 am	3 lap lanes / 3 water aerobics
10:00 am - 3:30 pm	3 lap lanes / 3 open swim
3:30 pm - 6:15 pm	Swim Team Practice
6:20 pm - 8:00 pm	Swim Lessons
8:00 pm - 9:30 pm	3 open swim / 3 lap lanes

<b>Friday</b>	
5:15 am - 7:00 am	3 Masters / 3 lap lanes
7:00 am - 9:00 am	4 lap Lanes / 2 open swim
9:00 am - 10:00 am	3 lap lanes / 3 water aerobics
10:00 am - 3:30 pm	3 lap lanes / 3 open swim
3:30 pm - 6:25 pm	Swim Team Practice
6:35 pm - 7:30 pm	3 lap lanes / 3 water aerobics
7:30 pm - 8:30 pm	3 lap lanes / 3 open swim

<b>Saturday</b>	
7:00 am - 10:00 am	3 lap lanes / 3 open swim
10:00 am - 11:45 am	Swim Lessons
11:45 am - 1:00 pm	3 lap lanes / 3 open swim
1:00 pm - 3:00 pm	3 Swim Team / 3 open swim
3:30 pm - 7:30 pm	3 lap lanes / 3 open swim

<b>Sunday</b>	
Noon - 5:30 pm	3 lap lanes / 3 open swim

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