



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

FALL 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Lap Swim (reservation only) 5-7:45 a.m.	Swim Team 5-6 a.m. Adult Lap Swim (reservation only) 6:15-8 a.m.	Adult Lap Swim (reservation only) 5-7:45 a.m.	Adult Lap Swim (reservation only) 5-7:45 a.m.	Adult Lap Swim (reservation only) 5-7:45 a.m.	Swim Team 6-8 a.m.
Shallow Water Fitness 8:15-9 a.m.	Deep Water Fitness 8:15-9 a.m.	Shallow Water Fitness 8:15-9 a.m.	Deep Water Fitness 8:15-9 a.m.	Shallow Water Fitness 8:15-9 a.m.	Adult Lap Swim (reservation only) 8-9:45 a.m.
Shallow Water Fitness 9:15-10 a.m.	Deep Water Fitness 9:15-10 a.m.	Shallow Water Fitness 9:15-10 a.m.	Deep Water Fitness 9:15-10 a.m.	Shallow Water Fitness 9:15-10 a.m.	
Adult Lap Swim (reservation only) 10:15 a.m. to 1 p.m.	Adult Lap Swim (reservation only) 10:15 a.m. to 12:45 p.m.	Adult Lap Swim (reservation only) 10:15 a.m. to 1 p.m.	Adult Lap Swim (reservation only) 10:15 a.m. to 12:45 p.m.	Adult Lap Swim (reservation only) 10:15 a.m. to 1 p.m.	Family Open Swim (reservation only) 10 a.m. to noon
	Adult Water Volleyball 1-2:30 p.m.	Homeschool Swim 1:15-2:15 p.m.	Adult Water Volleyball 1-2:30 p.m.		
Swim Team 3-6:30 p.m.	Swim Team 3-7 p.m.	Swim Team 3-6:30 p.m.	Swim Team 3-7 p.m.	Swim Team 3-6:30 p.m.	
Adult Lap Swim (reservation only) 6:45-7:30 p.m.	SWACA/Adult Lap (reservation only) 7:10-7:50 p.m.	Adult Lap Swim (reservation only) 6:45-7:30 p.m.	SWACA/Adult Lap (reservation only) 7:10-7:50 p.m.	Adult Lap Swim (reservation only) 6:45-7:30 p.m.	