

Lap Pool Schedule 2023

**Classes in green are complimentary*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM								
6:00 AM	6:00-9:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	5:00 - 8:10 AM OPEN SWIM 5 lanes	6:00 - 9:10 AM OPEN SWIM 5 lanes	
7:00 AM								
8:00 AM		8:15 - 9:00 AM Aqua Intervals 1 lane	8:15 - 9:00 AM Aqua Tone 1 lane	8:15 - 9:00 AM Aqua Intervals 1 lane	8:15 - 9:00 AM Aqua Intervals 1 lane	8:15 - 9:00 AM Aqua Intervals 1 lane		8:15 - 9:00 AM Sea Surprise 1 lane
9:00 AM	9:15-10:15 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Intervals 1 lane	9:15 - 10:00 AM Aqua Mix 1 lane	9:15 -10:00 AM Aqua Cardio Blast 1 lane	9:15 - 10:00 AM Aqua Interval 1 lane	9:15-10:00 AM Sea Surprise 1 lane	
10:00 AM	10:30 AM - 12:00 PM Private Swim Lessons \$ 4 lanes	10:05 AM - 12:10 PM OPEN SWIM 5 lanes	10:05 - 11:10 AM OPEN SWIM 5 lanes	10:05 AM - 12:10 PM OPEN SWIM 5 lanes	10:05 - 3:25 PM OPEN SWIM 5 lanes	10:05 AM - 12:10 PM OPEN SWIM 4 lanes	10:05 AM - 1:15 PM OPEN SWIM 4 lanes	
11:00 AM		11:15 AM - 12:00 PM Aqua for MS \$ 3 Lanes						
12:00 PM	12:05 - 5:45 PM OPEN SWIM 5 lanes	12:15 - 1:00 PM Aqua Intervals 1 lane	12:05 - 3:25 PM OPEN SWIM 5 lanes	12:15 - 1:00 PM Aqua Tone 1 lane	10:05 - 3:25 PM OPEN SWIM 5 lanes	12:15 - 12:45 PM Aqua Flow 1 lane	10:15 AM - 1:15 PM Private Swim Lessons \$ 4 lanes	
1:00 PM								
2:00 PM		1:05 - 3:55 PM OPEN SWIM 5 lanes		1:05 - 3:55 PM OPEN SWIM 5 lanes			12:50 - 3:55 PM OPEN SWIM 5 lanes	1:20 - 5:45 PM OPEN SWIM 5 lanes
3:00 PM			3:30 - 5:10 PM Private Swim Lessons \$ 4 lanes			3:30 - 5:10 PM Private Swim Lessons \$ 4 lanes		
4:00 PM				4 - 6 PM Private Swim Lessons \$ 4 lanes			4 - 6 PM Private Swim Lessons \$ 4 lanes	
5:00 PM			4 - 7 PM Private Swim Lessons \$ 4 lanes	5:15 - 6:00 PM Aqua Cardio Blast 1 lane		5:15 - 6:00 PM Aqua Mix 1 lane		
6:00 PM			6:05 - 8:45 PM OPEN SWIM 5 lanes	6:30 - 7:00 PM Aqua FITn' FLOW 1 lane	6:15 - 7:00 PM Aqua Mix Plus+ 1 Lane	6:05 - 7:45PM OPEN SWIM 5 lanes	*1 open swim lane guaranteed during Aqua Classes - up to instructor's discretion how many lanes are left open during class. <i>*Swim Lessons conducted throughout the week. 1 lane reserved for swim lessons when an instructor is present</i>	
7:00 PM		7:05 - 8:45 PM OPEN SWIM 5 lanes	7:05 - 8:45PM OPEN SWIM 5 lanes	7:05 - 8:45 PM OPEN SWIM 5 lanes				
8:00 PM								
9:00 PM								