



	Temp 83	Depth 3 1/2-9 ft deep	Distance 25 yards	1 mile=36 laps or 72 lengths
	Adult Lap Swim	Water Exercise	Open Swim	Programs
<b>Monday</b>	5 - 6:30a(W) 6:30 - 8:30a (D) 8:30 - 9a(W) 10:00-11:15 (D) 11:15a-12:55p (W) 1:00 -1:45p(D) 1:45 - 2:45p (S) 2:45 - 3:30p(D) 3:30 - 5:30p (No Lap Lane) 5:30 - 6:30 p (D) 6:30 - 7:15p (No lap lane) 7:15 - 9:45p (D)	9:00-10:00a <b>Water Jog</b> 10:00 - 11:15a Sculpt & Splash 7:00 - 8:15p Sculpt & Splash	8:15 - 9:45 p	1:00 -1:45p Lessons 1:45 - 2:45p Camp Ahoma 2:45 - 3:30p Lessons 3:30 - 5:30p Swim Team 5:45 - 7:00p Jr. Swim Team 6:30 - 7:15 p. Lessons
<b>Tuesday</b>	5:00-8:55a (W) 9:00 - 11:00a (D) 11:00a - 12:55p (W) 1 - 2:45p (S) 2:45 - 3:30 p (D) 3:30-5:30p (No lap lane) 5:30 -7:45p (S) 7:45 - 9:45 p (D)	9 - 10:00a Cardio Splash 5:45-6:45p <b>HydroFit</b>	7:45 - 9:45p	10:00 - 11:00a Lessons 1:00 - 1:45p Lessons 1:45 - 2:45 p Camp Ahoma 3:30 - 5:30p Swim Team 6:55 - 7:40p Lessons
<b>Wednesday</b>	5 - 6:30a(W) 6:30 - 8:30a (D) 8:30 - 9a(W) 10:00-11:00 (D) 11:00a-12:55p (W) 1:00--1:45p(D)1:45 - 2:45p( S) 2:45 -3:30(D) 3:30 - 5:30p (No lap lane) 5:30 - 6:30p(S)6:30 - 7:15p(D) 7:15 - 9:45 p (D)	9:00-10:00a <b>Water Jog</b> 5:30 - 6:30p Master Swim	8:00 - 9:45 p	10:00 - 11:00a Lessons 1:00 - 1:45p Lessons 1:45 - 2:45p Camp Ahoma 2:45 - 3:30p Lesson 3:30 - 5:30p Swim Team 5:45 - 7:00p Jr. Swim Team 6:30 - 8:00p Lessons
<b>Thursday</b>	5:00-8:55a (W) 9:00 - 11:00a (D) 11:00a - 12:55p (W) 1:00 -1:45p(D)1:45 - 2:45p(S)2:45 - 3:30p(D) 3:30 - 5:30p (no lap lane) 5:30 - 6:45p (S) 6:45 - 9:45p (D)	9 - 10:00a Cardio Splash 5:45-6:45p <b>HydroFit</b>	7:45 - 9:45p	10:00 - 11:00a Lessons 1:00 - 1:45p Lessons 1:45 - 2:45p Camp Ahoma 2:45 - 3:30p Lessons 3:30 - 5:30p Swim Team 6:55 - 7:40p Lessons
<b>Friday</b>	5 - 6:30a(W) 6:30 - 8:30a (D) 8:30 - 9a(W) 9:00 - 10:00a (no lap lane) 10:00 - 11:00a (D) 11:00a - 12:55p (W) 1:00 -5:30p (D) 5:30 - 6:30 p (W) 6:30 - 9:45 p (D)	9:00-10:00a <b>Water Jog</b>	1:00 - 1:45 p 2:45 - 5:30p 6:30 - 9:45p	10:00 - 11:00a Lessons 1:45 - 2:45p Camp Ahoma
<b>Saturday</b>	7:00-7:30a(W) 7:30 - 8:55a(D) 9:00a-12:30p (S) 12:30-1:55p (W) 2:00-5:00p (D)5-6:00p (W) 6-6:45p (S)	9:00-10:00a <b>HydroFit</b>	2:00 - 5:00p	10:00a - 12:30p Lessons 6:00 - 6:45p Rental
<b>Sunday</b>	12:1:55p (W) 2:00-4:45p (D)		2:00-4:45p	

S= Single Lap Lane

D = Double Lap Lane

W = whole pool for lap swim

**Lap Swim:** For high school age and above. (Youth may swim during indicated times if it is not crowded and they can do so without interrupting the pace of the adult swimmers.) Lane numbers are based on 6 lanes in the pool.

**Open Swim:** Youth who are entering 3rd grade and are able to pass the swim test may swim at these times without an adult present in the pool area. Parent must be in the building. Children under 3rd grade must have an adult (18+) who is in swim attire in the water.

