

The number in parenthesis (#) denotes the number of lanes available for that activity

	Temp 85	Depth 3 1/2 - 9 ft	Distance 25 yards	1 mile = 36 laps or 72 lengths
 <b>Monday</b>	<b>Adult Lap Swim</b>		<b>Senior Swim</b>	<b>Water Exercise</b>
	5:00 - 7:30 a.m.	6	7:30-8:50 a.m. (2)	<b>Hydro-Fit</b> 9:00-10:00 a.m.
	7:30 - 8:50 a.m.	4		
	10:05 - 12:00 a.m.	2		
	12:00 - 1:00 p.m.	6		
	1:00 - 2:30 p.m.	3		
	2:30 - 4:30 p.m.	4		
	4:30 - 6:30 p.m.	1		
6:30 - 7:20 p.m.	2			
8:40 - 9:45 p.m.	3		<b>Open Swim</b>	
<b>Tuesday</b>	<b>Adult Lap Swim</b>			<b>Hydro-Fit Deep</b>
	5:00 - 7:50 a.m.	6		8:00-8:50 a.m.
	7:50 - 8:50 a.m.	2		<b>Water Fitness</b>
	10:05 - 12:00 a.m.	1		9:00-10:00 a.m.
	12:00 - 1:00 p.m.	6		
	1:00 - 5:30 p.m.	2		<b>Family Swim</b>
	<b>5:30 - 6:30 p.m.</b>	<b>0</b>		<b>6:40-8:00 p.m. ( 2)</b>
	6:30 - 7:45 p.m.	1		<b>Silver Splash</b>
7:45 - 9:45 p.m.	2		11:00 a.m.-12:00 p.m.	
<b>Wednesday</b>	<b>Adult Lap Swim</b>			<b>Hydro-Fit Deep</b>
	5:00 - 7:30 a.m.	6	7:30-8:50 a.m. (2)	8:00-8:50 a.m.
	7:30 - 8:50 a.m.	4		<b>Water Fitness</b>
	10:05 - 12:00 a.m.	3		9:00-10:00 a.m.
	12:00 - 1:00 p.m.	6		
	1:00 - 6:00 p.m.	2		<b>Water Fitness</b>
	6:00 - 7:20 p.m.	1		7:30-8:30 p.m.
	8:40 - 9:45 p.m.	3		
				<b>Open Swim</b>
<b>Thursday</b>	<b>Adult Lap Swim</b>			<b>Hydro-Fit Deep</b>
	5:00 - 7:50 a.m.	6		8:00-8:50 a.m.
	7:50 - 8:50 a.m.	2		<b>Water Fitness</b>
	10:05 - 12:00 a.m.	1		9:00-10:00 a.m.
	12:00 - 1:00 p.m.	6		<b>Silver Splash</b>
	1:00 - 6:15 p.m.	2		11:00 a.m.-12:00 p.m.
	6:15 - 7:20 p.m.	1		<b>Water Fitness</b>
	8:40 - 9:45 p.m.	3		7:30-8:30 p.m.
<b>Friday</b>	<b>Adult Lap Swim</b>			<b>Hydro-Fit Deep</b>
	5:00 - 7:30 a.m.	6	7:30-8:50 a.m. (2)	8:00-8:50 a.m.
	7:30 - 8:50 a.m.	4		<b>Water Fitness</b>
	10:05 - 11:00 a.m.	2		9:00-10:00 a.m.
	11:00 - 12:00 p.m.	1		
	12:00 - 1:00 p.m.	6		<b>Water Fitness</b>
	1:00 - 2:45 p.m.	2		
	3:00 - 5:15 p.m.	1		
5:15 - 9:45 p.m.	2			
<b>Saturday</b>	<b>Adult Lap Swim</b>			<b>Water Fitness</b>
	7:00 - 8:00 a.m.	6		8:00-9:00 a.m.
	9:00 - 12:00 a.m.	1		
<b>Sunday</b>	<b>Adult Lap Swim</b>			<b>Water Fitness</b>
	12:00 - 6:45 p.m.	2		8:00-9:00 a.m.
	10:00 - 11:00 p.m.	6		
				<b>Open Swim</b>
				11:00-2:45 p.m. (2)

**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.

**Family Swim:** Specific time for families to swim and share time together. Youth under the age of 18 must be with an adult.