



6 Lane Pool Schedule Fall 2019 September 23 - December 22nd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Lap Swim 5:15-9:00am [6]	Lap Swim	Lap Swim 5:15-9:00am [6]	Lap Swim	Lap Swim	MYST Masters 6:00-7:15am [3] Lap Swim 7:15-8:40am [6] Swim Lessons 8:40-11:00 [4] MYST/Lessons 11:00-11:20am [2] MYST 11:20-12:00pm [4] 12:00-1:00pm [0] 1:00-1:30pm [2]	Lap Swim 7:00-9:00am [6] Adult Swim Lesson 9:00-10:00am [3] Swim Lessons 10:00-12:00pm [4] Lap Swim 12:00-5:30pm [6]
6:00		5:15-6:00am [6]		5:15-6:00am [6]	5:15-6:00am [6]		
6:30		MYST Masters		MYST Masters	MYST Masters		
7:00		6:00-7:15am [3]		6:00-7:15am [3]	6:00-6:30am [3]		
7:30		6:30-7:30am [2]		6:30-7:30am [2]	6:30-7:30am [2]		
8:00		Lap Swim		Lap Swim	Lap Swim		
8:30	7:15-9:00am [6]	7:15-9:00am [6]	7:15-9:00am [6]	7:30-9:00am [6]			
9:00	Aqua Fit	Lap Swim [6] Aqua Ex [L5&6] 9:00-11:00pm	General Exercise	Lap Swim [6] Aqua Ex [L5&6] 9:00-11:00pm	Aqua Fit	11:00-11:20am [2] MYST 11:20-12:00pm [4] 12:00-1:00pm [0] 1:00-1:30pm [2]	Swim Lessons 10:00-12:00pm [4]
9:30	9:00-9:55am [3]		9:00-9:55am [4]		9:00-9:55am [3]		
10:00	Lap Swim [6]		Lap Swim [6]		Lap Swim [6]		
10:30	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Lap Swim 1:30-6:30pm [6]	Lap Swim 12:00-5:30pm [6]
11:00	10:00-11:00pm	10:00-11:00pm	10:00-11:00pm	10:00-11:00pm	10:00-11:00pm		
11:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
12:00	11:00-1:00 [6]	11:00-1:00 [6]	11:00-1:00 [6]	11:00-1:00 [6]	11:00-1:00 [6]		
1:00	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]		
1:30	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]		
2:00	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	Lap Swim 1:30-6:30pm [6]	Lap Swim 12:00-5:30pm [6]
2:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]		
3:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]		
3:30	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm		
4:00	MYST	MYST	MYST	MYST	MYST		
4:30	4:00-6:00pm [0]	Swim Lessons 4:00-6:00pm [0]	4:00-6:00pm [0]	Swim Lessons 4:00-6:00pm [0]	4:00-6:00pm [0]		
5:00	[0]	[0]	[0]	[0]	[0]	Lap Swim 6:00pm-9:30pm [6]	Lap Swim 12:00-5:30pm [6]
5:30	Lap Swim	Lap swim 6-6:30p [6]	Lap Swim	Lap Swim	Lap Swim		
6:00	6:00-7:00pm [6]	MYST	6:00-7:00pm [6]	6:00-7:00pm [6]	6:00-7:00pm [6]		
6:30	MYST	6:30-7:00 [3]	MYST	MYST	MYST		
7:00	7:00-8:30pm [0]	7:00-8:30pm [0]	7:00-8:30pm [0]	7:00-8:30pm [0]	7:00-8:30pm [0]		
7:30	[0]	[0]	[0]	[0]	[0]		
8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 6:00pm-9:30pm [6]	Lap Swim 12:00-5:30pm [6]
8:30	8:30-9:30pm [6]	8:30-9:30pm [6]	8:30-9:30pm [6]	8:30-9:30pm [6]	8:30-9:30pm [6]		
9:00							
9:30							

** The number inside the [] is the number of lanes open for Lap Swim

**Lane lines may be moved 5 minutes prior to the start of a class ** Lap Swimmers must be able to swim two complete laps

Private Swim Lessons may be taught during lap swim times

Proper Swim attire required-no gym shorts, street clothes or underwear permitted in the Aquatics Facility

HOT TUB IS CLOSED SUNDAYS 10:30-1:00pm for Cleaning PLEASE Shower Before entering the Aquatics Facility

The 6L Pool is maintained at 80 degrees. Lap swim is defined as horizontal forward progress. Aqua ex may be stationary, with or without equipment.

Pool schedule subject to change without notice