



6 Lane Pool Schedule Fall 2019 September 9 - September 15

Time	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15		
5:30	Lap Swim 5:15-9:00am [6]	Lap Swim 5:15-6:00am [6]	Lap Swim 5:15-9:00am [6]	Lap Swim 5:15-6:00am [6]	Lap Swim 5:15-6:00am [6]	MYST Masters 6:00-7:15am [3]			
6:00		MYST Masters 6:00-7:15am [3]		MYST Masters 6:00-7:15am [3]	MYST 6:00-6:30am [3]			Lap Swim 7:15-8:40am [6]	
6:30		Aqua Fit 9:00-9:55am [3]		Lap Swim 7:15-9:30am [6]	Adult Lessons/Aqua Ex 9:00-9:55am [3]	Lap Swim [6]		Aqua Fit 9:00-9:55am [3]	Swim Lessons 8:40-11:00 [4] MYST/Lessons 11:00-11:20am [2]
7:00				Swim Lessons [4]	Lap Swim [6]	Aqua Ex [L5&6] 9:00-11:00pm		Lap Swim [6]	
7:30		Lap Swim [6] Aqua Ex [L5&6]		Lap Swim [6]	Lap Swim [6]	Lap Swim [6]		Lap Swim [6]	MYST 11:20-12:00pm [4] 12:00-1:00pm [0] 1:00-1:30pm [2]
8:00				Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]		Aqua Ex [L5&6]	
8:30	Lap Swim 10:00-12:00pm	Lap Swim 10:00-12:00am	Lap Swim 10:00-12:00pm	Lap Swim 11:00-1:00 [6]	Lap Swim 11:00-1:00 [6]	Lap Swim 1:30-6:30pm [6]			
9:00	Aqua Fit 12:00-1:00pm [3]	Aqua Fit 12:00-1:00pm [3]	Lap Swim 12:00-1:00pm [6]	Lap Swim 11:00-1:00 [6]	Lap Swim 11:00-1:00 [6]				
9:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
10:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
10:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
11:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
11:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim 12:00-5:30pm [6]			
12:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
12:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
1:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
1:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
2:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
2:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim 1:30-6:30pm [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	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
4:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
4:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
5:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
5:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim 6:00pm-9:30pm [6]			
6:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
6:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
7:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
7:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
8:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
8:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				
9:00	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]	Aqua Ex [L5&6]				
9:30	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]	Lap Swim [6]				

** 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