

Monday Jan 19			Tuesday Jan 20			Wednesday Jan 21			Thursday Jan 22			Friday Jan 23			Saturday Jan 24			Sunday Jan 25						
Leisure Pool		Lap Pool	Leisure Pool		Lap Pool	Leisure Pool		Lap Pool	Leisure Pool		Lap Pool	Leisure Pool		Lap Pool	Leisure Pool		Lap Pool	Leisure Pool		Lap Pool				
6:00 AM	Leisure Swim 6:00a - 8:25a	Lap Swim 6:00a - 8:25a	Leisure Swim 6:00a - 8:25a	Lap Swim 6:00a - 8:25a	Leisure Swim 6:00a - 9:10a	Lap Swim 6:00a - 9:10a	Leisure Swim 6:00a - 8:25a	Lap Swim 6:00a - 8:25a	Leisure Swim 6:00a - 9:10a	Lap Swim 6:00a - 9:10a	Leisure Swim 6:00a - 9:10a	Lap Swim 6:00a - 9:10a	Leisure Swim 6:00a - 9:10a	Lap Swim 6:00a - 9:10a			Leisure Swim 8:00a - 9:10a	Lap Swim 8:00a - 9:10a	Leisure Swim 8:00a - 8:55a	Lap Swim 8:00a - 8:55a				
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8:30 AM	Combo AquaFit 8:30a - 9:15a		Deep AquaFit 8:30a - 9:15a				Deep AquaFit 8:30a - 9:15a						Leisure Swim 8:00a - 9:10a		Lap Swim 8:00a - 9:10a		Leisure Swim 8:00a - 8:55a		Lap Swim 8:00a - 8:55a					
8:45 AM																								
9:00 AM																								
9:15 AM	Combo AquaFit 9:15a - 10:10a		Shallow AquaFit 9:15a - 10:00a		Shallow AquaFit 9:15a - 10:10a		Shallow AquaFit 9:15a - 10:10a				Shallow AquaFit 9:15a - 10:00a		Combo AquaFit 9:15a - 10:10a		AquaFit 9:15a - 10:00a									
9:30 AM																								
9:45 AM																								
10:00 AM	Leisure Swim 10:15a - 10:30	Lap Swim 10:15a - 11:55a	Leisure Swim 10:05a - 10:55a	Lap Swim 10:05a - 11:55a	Leisure Swim 10:15a - 11:55a	Lap Swim 10:15a - 11:55a	Leisure Swim 10:15a - 11:55a	Lap Swim 10:05a - 11:55a	Leisure Swim 10:15a - 11:55a	Lap Swim 10:05a - 11:55a	Leisure Swim 10:15a - 11:55a	Lap Swim 10:05a - 11:55a	Leisure Swim 10:15a - 11:55a	Lap Swim 10:05a - 11:55a	Swimming Lessons 10:15a - 1:15p	Swimming Lessons 10:15a - 1:15p	Swimming Lessons 9:00a - 1:00p	Swimming Lessons 9:00a - 1:00p						
10:15 AM	Swimming Lessons 10:30 - 11:30a		Swimming Lessons 11:00a - 11:30a		Swimming Lessons 10:15a - 11:55a		Swimming Lessons 10:15a - 11:55a		Swimming Lessons 10:15a - 11:55a		Swimming Lessons 10:15a - 11:55a		Swimming Lessons 10:15a - 11:55a		Swimming Lessons 10:15a - 11:55a	Swimming Lessons 10:15a - 11:55a	Swimming Lessons 10:15a - 11:55a	Swimming Lessons 10:15a - 11:55a	Swimming Lessons 10:15a - 11:55a	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available	
11:00 AM	10:30 - 11:30a		11:00a - 11:30a		10:05a - 11:55a		10:15a - 11:55a		10:15a - 11:55a		10:15a - 11:55a		10:15a - 11:55a		10:15a - 11:55a	10:15a - 11:55a	10:15a - 11:55a	10:15a - 11:55a	10:15a - 11:55a	10:15a - 11:55a	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available	No Lap or Leisure Swim Available
11:15 AM	Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a		Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a	Leisure Swim 11:30a - 11:55a
11:30 AM	Fit Together 12:00p - 12:45p		H2O HITT 12:00p - 12:45p 1 Lap Lane Available		Fit Together 12:00p - 12:45p		Fit Together 12:00p - 12:45p		Fit Together 12:00p - 12:45p		Fit Together 12:00p - 12:45p		H2O HITT 12:00p - 12:45p 1 Lap Lane Available											
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12:15 PM	Fit Together 1:00p - 1:45p				Fit Together 1:00p - 1:45p		Fit Together 1:00p - 1:45p		Fit Together 1:00p - 1:45p		Fit Together 1:00p - 1:45p													
12:30 PM																								
12:45 PM																								
1:00 PM	Leisure Swim 1:50p - 4:30p		Lap Swim 1:50p - 4:30p		Leisure Swim 12:50p - 4:25p		Lap Swim 12:50p - 4:25p		Leisure Swim 1:50p - 4:30p		Lap Swim 1:50p - 4:30p		Leisure Swim 12:50p - 3:55p		Lap Swim 12:50p - 3:55p		Leisure Swim 1:15p-5:25p		Bronze Med Shared Space Lap & Lessons 1:15p - 3:00p					
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3:15 PM	3 Lanes 4:00p - 4:30p				Leisure Swim 12:50p - 4:25p		Lap Swim 12:50p - 4:25p		Leisure Swim 3:30p - 4:25p		4 Lanes 4:00p - 4:30p		Leisure Swim 12:50p - 3:55p		Lap Swim 12:50p - 3:55p		Leisure Swim 1:15p-5:25p		Bronze Cross Shared Space Rec & Lessons, 1:15p - 4:00p					
3:30 PM																								
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4:00 PM	Swimming Lessons 4:30p - 7:30p		Swimming Lessons 4:30p - 7:30p		Swimming Lessons 4:30p - 7:30p		Swimming Lessons 4:30p - 7:30p		Swimming Lessons 4:30p - 7:00p		Swimming Lessons 4:30p - 7:00p		Swimming Lessons 4:00p - 6:30p		Swimming Lessons 4:00p - 6:30p		Leisure Swim 1:15p-5:25p		Shared Space 3:00p-5:25p					
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7:00 PM	2 Lanes avail. Lap Swim 7:00p - 7:30p		1 Lane avail. Lap Swim 4:30p - 5:30p & 7:00p - 7:30p		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available		No Lap or Leisure Swim Available					
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9:30 PM																								

NOTE:	Children 5 years old and younger: 1:4
	Children 6 & 7: 1:6
	Children 8 & over: 1:10

NOTE: Children who do not meet the height requirement of 1.3M at the shoulder will be required to wear a PFD. A swim test may be asked of any person using the pool. The Lifeguard has final authority.						
Aquafit - No Lap/Leisure Swim Available	Leisure Pool Available/All Lanes in for Lap Swim	Swim Lessons - No Lap/Leisure Swim Available	Shared Space Rec & Lessons - 2 Lanes open for Recreational Swim	Shared Space Lap & Lessons - 1- 2 Lanes open for Lap Swim	Shared Space - 2 Lanes open for Lap Swim & 3 Lanes for Recreational Swimming/Lessons	Family Swim - Waterslide May be Open *Subject to change based on staffing*

* Please note that during lap swim times, a lane may be booked for Hydrotherapy, Aquatic Personal Training, or Barracuda Swim Club - For more information on these programs, please see the Sports Desk *