

October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LAP SWIM 6am - 7:55am	LAP SWIM 6am - 7:55am	LAP SWIM 6am - 7:55am	LAP SWIM 6am - 7:55am	LAP SWIM 6am - 7:55am	LAP SWIM 7am-8:30am	LAP SWIM 8am - 12pm
6:30am							
7:00am							
7:30am	Deep Water Ex 8am 8:50am	Deep Water Ex 8am 8:50am	Deep Water Ex 8am 8:50am	Deep Water Ex 8am 8:50am	Deep Water Ex 8am 8:50am	Shallow Water Ex 8:30-9:15am	LAP SWIM 8am - 12pm
8:00am							
8:30am							
9:00am	ShallowWaterEx 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	ShallowWaterEx 9am 9:50am	Deep Water Ex 9:15a-10:00a	LAP SWIM 8am - 12pm
9:30am							
10:00am							
10:30am	LAP SWIM 10:00am - 2pm (Therapy 8a-12p)	LAP SWIM 10:00am - 3pm	LAP SWIM 10:00am - 2pm (Therapy - 1 lane)	LAP SWIM 10:00am-3pm	LAP SWIM 10:00a - 2pm (Therapy 8a-12p)	Swim Lessons 9a-1p	FAMILY SWIM 12pm - 4pm
11:00am							
11:30am							
12:00pm	Arthritis Class 2-2:50p	Arthritis Class 2-2:50p	Arthritis Class 2-2:50p	Arthritis Class 2-2:50p	Arthritis Class 2-2:50p	FAMILY SWIM 1pm -4pm	FAMILY SWIM 12pm - 4pm
12:30pm							
1:00pm							
1:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 1pm -4pm	FAMILY SWIM 12pm - 4pm
2:00pm							
2:30pm							
3:00pm	LAP SWIM 4:30-6:30pm	LAP SWIM 4:30-5	LAP SWIM 4:30-5	LAP SWIM 4:30-5	LAP SWIM 4:30- 6:30pm	MS Water Ex 5:30 - 6:30p	FAMILY SWIM 6:30 - 8pm
3:30pm							
4:00pm							
4:30pm	Swim Lessons 5p-7p	LAP (Appts) 5p-7p	Swim Lessons 5p-7p	LAP (Appts) 5p-7p	Swim Lessons 5p-7p	LAP (Appts) 5p-7p	FAMILY SWIM 6:30 - 8pm
5:00pm							
5:30pm							
6:00pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Shallow Water Ex 7p-7:50p	Deep Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm	FAMILY SWIM 6:30 - 8pm	FAMILY SWIM 6:30 - 8pm
6:30pm							
7:00pm							
7:30pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Shallow Water Ex 7p-7:50p	Deep Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm	FAMILY SWIM 6:30 - 8pm	FAMILY SWIM 6:30 - 8pm
8:00pm							

*Lap lanes apointments are scheduled 24 hours in advance for 30 minutes time slots during weekday swim lessons

**Does not include holidays or special events and is subject to change at any time.