

July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes	Lap Swim 3 Lanes		
6:30am	Open Water Ex 1	Open Water Ex 1	Open Water Ex 1	Open Water Ex 1	Open Water Ex 1		
7:00am	Lane	Lane	Lane	Lane	Lane		
7:30am	6am - 7:55am	6am - 7:55am	6am - 7:55am	6am - 7:55am	6am - 7:55am	LAP SWIM 7am-8:25am	
8:00am	Deep Water Ex 8am	Deep Water Ex 8am	Deep Water Ex 8am	Deep Water Ex 8am	Deep Water Ex 8am		
8:30am	8:50am	8:50am	8:50am	8:50am	8:50am	Shallow Water Ex 8:30-9:15am	
9:00am	Shallow Water Ex	Shallow Water Ex	Shallow Water Ex	Shallow Water Ex	Shallow Water Ex 9am		
9:30am	9am - 9:50am	9am - 9:50am	9am - 9:50am	9am - 9:50am	9:50am	Deep Water Ex 9:15a-10:00a	LAP SWIM 8am - 12pm
10:00am	LAP SWIM 10:00am - 2pm (Therapy 8a-12p)	LAP SWIM 10:00a - 3p	LAP SWIM 10a	LAP SWIM 10:00a - (Therapy 10a-2p)	LAP SWIM 10a	LAP SWIM 10:00a - 2pm (Therapy 8a-12p)	Swim Lessons 9a-1p
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Arthritis Class	CAMP (Basin) 11:30a - 3p	MS Water Ex 12:15 - 1p (Basin)	LAP SWIM 1-2p	Arthritis Classs 2-2:50p	Arthritis Class 2-2:50p	FAMILY SWIM 1pm -4pm
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Open Water Ex 7p	Lap Swim 7p 1 Lane	Shallow Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm	OPEN SWIM 12pm - 4pm
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							

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

**SUBJECT TO CHANGE AT ANY TIME Does not include holidays or special events.