

# September Lap Pool Calendar

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
<b>MORNING</b>	<b>Members Only Lap Swim 5:00-6:00</b>					<b>CLOSED</b>	<b>CLOSED</b>
	Swim Team Practice 6:00-7:30 (1-2 lanes available)	Swim Team Practice 6:00-7:30 (1-2 lanes available)	Swim Team Practice 6:00-7:30 (1-2 lanes available)	Swim Team Practice 6:00-7:30 (1-2 lanes available)	Swim Team Practice 6:00-7:30 (1-2 lanes available)		
	<b>Members Only Lap Swim 7:30-9:00</b>					Swim Team Practice 7:00-8:30 (1-2 lanes available)	
	Water Dynamics 9:15-10:00	S.P.A. strength, power, agility 9:15-10:00	Aqua Mix 9:15-10:00	Mind-Body-H2O 9:15-10:00	Water Dynamics 9:15-10:00		
<b>DAYTIME</b>	Deep Core 10:15-11:00	Aqua Strength Personal Training 10:15-10:45	Deep Core 10:15-11:00	Aqua Strength Personal Training 10:15-10:45	Deep Core 10:15-11:00	<b>Members Only Lap Swim 8:30-2:30</b>	<b>Members Only Lap Swim 1:00-4:00</b>
	<b>Members Only Lap Swim 11:00 - 3:00</b>						
	Swim Team Practice 3:00-4:30 (2 lanes available)	Swim Team Practice 3:00-4:30 (2 lanes available)	Swim Team Practice 3:00-4:30 (2 lanes available)	Swim Team Practice 3:00-4:30 (2 lanes available)	Swim Team Practice 3:00-4:30 (2 lanes available)	<b>POOL CLOSSES AT 2:30</b>	
	Swim Team Practice 4:30-8:00 (1-2 lanes available)	Swim Team Practice 4:30-8:00 (1-2 lanes available) Deep Water Burn 6:30-7:15	Swim Team Practice 4:30-8:00 (1-2 lanes available)	Swim Team Practice 4:30-8:00 (1-2 lanes available) Deep Water Burn 6:30-7:15	Swim Team Practice 4:30-8:00 (1-2 lanes available)		<b>POOL CLOSSES AT 4:30</b>
Swim Team Practice 4:30-8:00 (1-2 lanes available)							