



# MAY 2019 LAP POOL

| Time             | Mon                                    | Tue                                    | Wed                                    | Thu                                    | Fri                                    | Sat               | Sun               |
|------------------|--|--|--|--|--|-------------------|-------------------|
| 5:00 - 6:00 am   | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | CLOSED            | CLOSED            |
| 6:00 - 6:30 am   | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Adult Lap Swim    | CLOSED            | CLOSED            |
| 6:30 - 7:00 am   | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | 1 Lane available for Swim<br>Adult Lap | CLOSED            | CLOSED            |
| 7:00 - 8:00 am   | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | CLOSED            |
| 8:00 - 9:00 am   | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | CLOSED            |
| 9:00 - 10:00 pm  | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | CLOSED            |
| 10:00 - 11:00 pm | Deep Core<br>10:15 - 11:00pm           | OPEN FOR LAP SWIM                      | Deep Core<br>10:15 - 11:00pm           | OPEN FOR LAP SWIM                      | Deep Core<br>10:15 - 11:00pm           | OPEN FOR LAP SWIM | CLOSED            |
| 11:00 - 12:00 pm | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | CLOSED            |
| 12:00 - 1:00 pm  | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | CLOSED            |
| 1:00 - 2:00 pm   | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | OPEN FOR LAP SWIM |
| 2:00 - 3:00 pm   | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM                      | OPEN FOR LAP SWIM | OPEN FOR LAP SWIM |
| 3:00 - 4:00 pm   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | CLOSED            | OPEN FOR LAP SWIM |
| 4:00 - 5:00 pm   | 4 Lanes available for Adult Lap Swim   | 4 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | 3 Lanes available for Adult Lap Swim   | CLOSED            | OPEN FOR LAP SWIM |
| 4:30 - 5:30 pm   | Swim Team                              | Swim Team                              | Swim Team                              | Swim Team                              | Swim Team                              | CLOSED            | CLOSED            |
| 5:30 - 6:30 pm   | Swim Team                              | Deep Water Burn<br>6:30 - 7:15pm       | Swim Team                              | Deep Water Burn<br>6:30 - 7:15pm       | Swim Team                              | CLOSED            | CLOSED            |
| 6:30 - 8:00 pm   | Swim Team                              | Swim Team                              | Swim Team                              | Swim Team                              | Swim Team                              | CLOSED            | CLOSED            |
| COLOR CODES      | Aquatic Fitness Classes                | Adult Lap Swim                         | Swim Team Practice                     |  |  |                   |                   |

POOLS AND SAUNAS CLOSE 30 MIN BEFORE FIT N WISE CLOSES • There is always 1 lap lane open for adult lap swim unless closed for a Swim meet or special event