


Time	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00 – 7:00AM	Lap Swim 5:00 – 7:00	Lap Swim 5:00 – 7:00	Lap Swim 5:00 – 7:00	Lap Swim 5:00 – 7:00	Lap Swim 5:00 – 7:00		
7:00 – 8:00 AM	<b>Open Swim 7:00 – 9:00</b>	<b>Open Swim 7:00 – 9:00</b>	<b>Open Swim 7:00 – 9:00</b>	<b>Open Swim 7:00 – 9:00</b>	<b>Open Swim 7:00 – 9:00</b>	<b>7:00 – 8:30 Swordfish Swim Team \$ &amp; Lap Swim 2 or 3 Lap Lanes</b>	
8:00 – 9:00 AM		Adult Fitness Swim \$ 7:30-8:30	Deep Water Exercise \$ 8:00-8:45	Adult Fitness Swim \$ 7:30-8:30	Deep Water Exercise \$ 8:00-8:45		<b>8:00-9:30 Swordfish Swim Team \$ &amp; Lap Swim 2 or 3 Lap Lanes</b>
9:00 – 10:00 AM	Water Aerobics 9:00 – 10:00	Arthritis Workout 9:00 – 9:45	Water Aerobics 9:00 – 10:00	Arthritis Workout 9:00 – 9:45	Water Aerobics 9:00 – 10:00	Youth Swim Programs \$ 9:00 – 12:00 No Lap Lanes Available	
10:00–11:00 AM	Youth Sw im Program \$ 10:00-12:00	Youth Sw im Program \$ 10:00-12:00	Private Group \$	Youth Sw im Program \$ 10:00-12:00	Adult Swim Class \$ Beg & Intermediate		Youth Swim Programs \$ 9:30 – 12:00 No Lap Lanes Available
11:00–12:00 PM			Adaptive Aquatics \$ 11:00 – 12:00		Adaptive Aquatics \$ 11:00 – 12:00		
12:00 – 1:00 PM	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>"NEW"</b> Water Aerobics	
1:00 – 2:00 PM	SWIM INC	Aqua Step & Kickboxing\$ 1:00-2:00	Private Group \$	Aqua Step & Kickboxing \$ 1:00-2:00	<b>Family Swim</b>	<b>Family Swim 1:00-4:00</b>	<b>Family Swim 12:00-3:00</b>
2:00 – 3:00 PM	<b>Family Swim</b>	Deep Water Fitness* 2:00 – 2:45 2 lap lanes available	<b>Family Swim</b>	Deep Water Fitness \$ 2:00 – 2:45 2 lap lanes available			<b>3:00-4:45 Swordfish Swim Team \$ &amp; Lap Swim 2 or 3 Lap Lanes</b>
3:00 – 4:00 PM	Lap Swim/High School Conditioning \$ (3 lanes each)	<b>Open/Family Swim 3:00 – 5:00</b>	Lap Swim/High School Conditioning \$ (3 lanes each)	<b>Open/Family Swim 3:00 – 5:00</b>	Lap Swim/High School Conditioning \$ (3 lanes each)	<b>4:00-5:45 Swordfish Swim Team \$ &amp; Lap Swim 2 or 3 Lap Lanes</b>	
4:00 – 5:00 PM	Youth Sw im Program\$ 4:00-5:45 (1 Lap Lane Available)		<b>Open/Family Swim 4:00 – 5:00</b>		Youth Sw im Program \$ 4:00-5:30(No Lap Lanes Avail.)		
5:00 – 6:00 PM	<b>Swordfish Swim Team \$ 5:45-7:15</b> No Lap Lanes Available	<b>Lap Swim</b>	Youth Sw im Program \$ 5:00-7:00 No Lap Lanes Available	<b>Lap Swim</b>	<b>Swordfish Swim Team \$ 5:30-7:00</b> No Lap Lanes Available		 <b>CLOSED PRIVATE *Splash Party* \$ 5:00-7:00</b>
6:00 – 7:00 PM	<b>7:15 – 8:15 Family Swim / Adult Fitness Sw im \$ (1 Lap Lane Available)</b>	<b>Swordfish Swim Team \$ 7:00-8:30</b> No Lap Lanes Available	<b>7:00 – 8:15 Family Swim / Adult Fitness Sw im \$ (1 Lap Lane Available)</b>	<b>Swordfish Swim Team \$ 7-8:30</b> No Lap Lanes Available	<b>Family Swim 7:00 – 8:45</b> 2 Lap Lanes Available		
7:00 – 8:00 PM	<b>Lap Swim 8:15 – 9:15</b>	<b>Lap Swim 8:30 – 9:15</b>	<b>Lap Swim 8:15 – 9:15</b>	<b>Lap Swim 8:30 – 9:15</b>			
8:00 – 8:30 PM							
8:30 – 9:30 PM							

**POOL SCHEDULE SUBJECT TO CHANGE DUE TO SPECIAL EVENTS AND NEW PROGRAMS ADDED**

**\$ ADDITIONAL FEES REQUIRED FOR THESE CLASSES.**

**SWIM TEAM Begins September 8, 2008 - Please note new workout times \*\*\***

**Lap Swimmers - Circle Swimming is required when more than 2 people are in each available lane.**

*Revised  
9/15/08*

## LAP SWIM

Monday	Thursday
5:00-7:00am 5 lanes	5:00-7:00am 5 lanes
7:00am-12:00am 2 lanes	7:00am-12:00am 2 lanes
12:00-1:00pm 5 lanes	12:00-1:00pm 5 lanes
1:00-3:00pm 2 lanes	1:00-5:00pm 2 lanes
3:00-4:00pm 3 lanes	5:00-6:00pm 5 lanes
5:00-6:00pm 1 lane	8:30-9:15pm 5 lanes
7:15-8:15pm 1 lane	
8:15-9:15pm 5 lanes	
<b><u>Tuesday</u></b>	
5:00-7:00am 5 lanes	<b><u>Friday</u></b>
7:00am-12:00am 2 lanes	5:00-7:00am 5 lanes
12:00-1:00pm 5 lanes	7:00am-12:00pm 2 lanes
1:00-5:00pm 2 lanes	12:00-1:00pm 5 lanes
5:00-6:00pm 5 lanes	1:00-3:00pm 2 lanes
8:30-9:15pm 5 lanes	3:00-4:00pm 3 lanes
	7:00-8:45pm 2 lanes
<b><u>Wednesday</u></b>	<b><u>Saturday</u></b>
5:00-7:00am 5 lanes	7:00-8:30am 2 or 3 lanes
7:00am-12:00pm 2 lanes	12:00-4:15pm 2 lanes
12:00-1:00pm 5 lanes	4:00-5:45pm 2 or 3 lanes
1:00-3:00pm 2 lanes	<b><u>Sunday</u></b>
3:00-4:00pm 3 lanes	8:00-9:30am 2 or 3 lanes
4:00-5:00pm 2 lanes	12:00-3:00pm 2 lanes
7:00-8:15pm 1 lane	3:00-4:45pm 2 or 3 lanes
8:15-9:15pm 5 lanes	

## FAMILY SWIM

Monday	Thursday
7:00-9:00am 4 lanes	7:00-9:00am 4 lanes
2:00-3:00pm 4 lanes	3:00-5:00pm 4 lanes
7:15-8:15pm 4 lanes	
<b><u>Tuesday</u></b>	<b><u>Friday</u></b>
7:00-9:00am 4 lanes	7:00-9:00am 4 lanes
3:00-5:00pm 4 lanes	1:00-3:00pm 4 lanes
	7:00-8:45pm 4 lanes
<b><u>Wednesday</u></b>	
7:00-9:00am 4 lanes	
2:00-3:00pm 4 lanes	
4:00-5:00pm 4 lanes	<b><u>Saturday</u></b>
7:00-8:15pm 4 lanes	1:00-4:00pm 4 lanes
	<b><u>Sunday</u></b>
	12:00-3:00pm 4 lanes

If you need help with  
circle swimming  
please ask.



**PLEASE REMEMBER**

**TO SIGN IN FOR FAMILY SWIM  
AND LAP SWIM  
SIGN-UP SHEETS ARE ON THE POOL DECK**

*If you would like to be on our swimmers e-mail list for  
instant notification on pool changes please  
inquire at the Welcome Center.*