

Lap Pool Schedule

Start Time: 4:30 AM Time Interval: 60 (in minutes)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
4:30 AM	Pool Opens at 4:30 AM 6 Lanes Open								
5:30 AM	6 Lanes Open	6 Lanes Open		6 Lanes Open	6 Lanes Open				
6:30 AM									
7:30 AM									Pool Opens at 7:00 AM 6 Lanes Available
8:30 AM	Deep Water Running at 8:30 AM - 9:30 AM 3 Lanes Available	Deep Water Running at 8:30 AM - 9:30 AM 3 Lanes Available	Deep Water Running at 8:30 AM - 9:30 AM 3 Lanes Available	Deep Water Running at 8:30 AM - 9:30 AM 3 Lanes Available					
9:30 AM	6 Lanes Open	Deep Water Running at 9:15 AM - 10:30 AM 3 Lanes Available		Deep Water Running at 9:30 AM - 10:30 AM 3 Lanes Available		6 Lanes Open		6 Lanes Open	Pool Opens at 10:00 AM 6 Lanes Available
10:30 AM									
11:30 AM			6 Lanes Open	6 Lanes Open					
12:30 PM									
1:30 PM	6 Lanes Open	6 Lanes Open	6 Lanes Open	6 Lanes Open		Deep Water Running at 2:00 PM - 3 Lanes Available			
2:30 PM									
3:30 PM						6 Lanes Available			
4:30 PM						Pool Closes at 4:45 PM	Pool Closes at 4:45 PM		
5:30 PM				Deep Water Running at 5:45 PM - 6:45 PM 3 Lanes Available					
6:30 PM									
7:30 PM	Pool Closes at 8:45 PM								

Lap Pool is reserved for lap swimming ONLY. No Family Swim during this time. Only ONE person per lane *limit to one hour