

# Lap Pool Schedule

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

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

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