

# OUTDOOR LAP SWIM

## POOL SCHEDULE MONDAY-FRIDAY

**Effective September 6-October 15, 2022**

	OUTDOOR RACE POOL LAP SWIM (CLOSES OCTOBER 15)	OUTDOOR DIVE TANK OPEN EXERCISE (NO LANE LINES)
<b>10-11AM</b>	LONG COURSE (at least 4 lanes) Lap Swim Water Walking	Open Exercise
<b>11AM –12PM</b>	LONG COURSE (at least 4 lanes) Lap Swim Water Walking Aqua Fitness (Thursday & Friday)	Aqua Fitness (Monday, Tuesday, Wednesday) Open Exercise (Thursday & Friday)
<b>12-1 PM</b>	LONG COURSE (at least 4 lanes) Lap Swim Water Walking Aqua Fitness (Tuesday & Thursday)	Aqua Fitness (Wednesday) Open Exercise (Monday, Tuesday, Thursday, Friday)
<b>1-2PM</b>	LONG COURSE (at least 4 lanes) Lap Swim Water Walking	Open Exercise
<b>2-3PM</b>	CLOSED	CLOSED
<b>3-4PM</b>	Swim Team (Monday-Friday)	Open Exercise (Tuesday , Thursday & Friday)
<b>4-5PM</b>	Swim Team (Monday-Friday)	Open Exercise (Tuesday , Thursday & Friday)
<b>5-6 PM</b>	Swim Team (Monday-Friday)	Water Polo starting at 5:30pm (Monday-Thursday) Open Exercise (Friday)
<b>6-7PM</b>	Swim Team (Monday-Thursday) Aqua Fitness (Monday-Thursday) CLOSED FRIDAY	Water Polo (Monday-Thursday) CLOSED FRIDAY
<b>7-7:30PM</b>	CLOSED	Water Polo until 7:30 (Monday-Thursday) CLOSED FRIDAY

Our pools are for multiple uses. Facility programs may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If 2 or more swimmers need to share a lane, circle swimming must be used. Swimmers must be at least 14 years of age to be in the lap lanes. (Note: children under the age of 14 may use the lap lanes with the Site Supervisor’s approval. However they must be actively swimming laps the entire time.)

\*Open exercise applies to lap swim and deep water exercise. No lane lines or facility equipment available\*

**SCHEDULE SUBJECT TO CHANGE**

# OUTDOOR LAP SWIM

## POOL SCHEDULE SATURDAY

**Effective September 6-October 15, 2022**

<b>SATURDAY</b>	<b>OUTDOOR RACE POOL LAP SWIM (CLOSES OCTOBER 16)</b>	<b>OUTDOOR DIVE TANK OPEN EXERCISE (NO LANE LINES)</b>
<b>7-8AM</b>	Swim Team Long Course (at least 2 lanes) Lap Swim Water Walking	Open Exercise
<b>8-9AM</b>	Swim Team Long Course (at least 2 lanes) Lap Swim Water Walking	Aqua Fitness
<b>9-10AM</b>	Long Course (at least 4 lanes) Lap Swim Water Walking	Open Exercise
<b>10-11AM</b>	Long Course (at least 4 lanes) Lap Swim Water Walking	Open Exercise
<b>11AM-12PM</b>	Long Course (at least 4 lanes) Lap Swim Water Walking	Open Exercise

# OUTDOOR POOLS CLOSED SUNDAYS

**\*Open exercise applies to lap swim and deep water exercise.  
No lane lines or facility equipment available\***

**SCHEDULE SUBJECT TO CHANGE**