BETHANY ATHLETIC CLUB

JANUARY POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM - 9:00 AM Lap Swim Lanes 1-5	5:00 AM - 6:30 AM Lap Swim Lanes 1-5	5:00 AM - 9:00 AM Lap Swim Lanes 1-5	5:00 AM - 6:30 AM Lap Swim Lanes 1-5	5:00 AM - 9:00 AM Lap Swim Lanes 1-5		
	6:30AM 7:30Am Aqua HIIT Lanes 1-3		6:30AM 7:30Am Aqua HIIT Lanes 1-3		7:00 AM - 9:00 AM Lap Swim Lane 1-2	7:00 AM - 9:00 AM Lap Swim Lanes 1-2
9:00AM-10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM - 10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM - 10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM - 10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM - 10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM-10:00 AM Aqua Fitness Lanes 1-3 Lap Swim Lane 4 Lessons Lane 5	9:00AM - 3:00PM Open swim Lanes 4-5 Lessons Lanes 1-3
10:00AM - 3:00PM Lap Swim Lanes 2-5 Lessons Lane 1	10:00AM - 3:00PM Lap Swim Lanes 2-5 Lessons Lane 1	10:00AM - 3:00PM Lap Swim Lanes 2-5 Lessons Lane 1	10:00AM - 3:00PM Lap Swim Lanes 2-5 Lessons Lane 1	10:00AM - 3:00PM Lap Swim Lanes 4-5 10:15 Water Exploration Lanes 1-2 Lessons Lane 3	10:00AM-12:00PM Squids Lanes 4-5 Lap Swim Lanes 2-3 Lessons Lane 1	
3:00PM - 5:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	3:00PM - 5:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	3:00PM - 5:00PM Swim Team Lanes 3-5 No Lap Swim or Open Swim Lessons Lanes 1-2	3:00PM - 5:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	3:00PM - 5:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	12:00PM - 2:00PM Open Swim Lanes 4-5 Lessons Lanes 1-3	3:00PM-5:00PM Squids Lanes 4-5 Lap Swim Lanes 1-3
5:00PM - 6:00PM Lap Swim Lanes 4-5 Lessons Lanes 1-3	5:00PM - 6:00PM Lap Swim Lanes 4-5 Lessons Lanes 1-3	5:00PM - 6:00PM Lap Swim Lanes 4-5 Lessons Lanes 1-3	5:00PM - 6:00PM Lap Swim Lanes 4-5 Lessons Lanes 1-3	5:00PM - 6:00PM Lap Swim Lanes 4-5 Lessons Lanes 1-3	2:00PM-7:30PM Open Swim Lanes 1-5	5:00PM - 7:30PM Open swim Lanes 1-5
6:00PM - 8:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	6:00PM - 8:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	6:00PM - 7:00PM Swim Team Lanes 4-5 Lap Swim Lanes 2-3 Lessons Lane 1 No Lap Swim	6:00PM - 8:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1	6:00PM - 8:00PM Swim Team Lanes 3-5 Lap Swim Lane 2 Lessons Lane 1		
8:30PM -9:30PM Open Swim Lanes 1-5	8:30PM -9:30PM Open Swim Lanes 1-5	8:30PM -9:30PM Open Swim Lanes 1-5	8:30PM -9:30PM Open Swim Lanes 1-5	8:30PM -9:30PM Open Swim Lanes 1-5		