

	Monday Lanes					Tuesday Lanes					Wednesday Lanes					Thursday Lanes					Friday Lanes																			
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5															
5 AM	SUMMER SCHEDULE: All OPEN lanes are lap swim and water aerobics ONLY																																							
6 AM																																								
7 AM	Swim Lessons 8:00 AM - 9:00 AM										Swim Lessons 8:00 AM - 9:00 AM										Swim Lessons 8:00 AM - 9:00 AM																			
8 AM																																								
9 AM	Aqua Fitness 9:00 AM - 9:55 AM										Aqua Fitness 9:00 AM - 9:55 AM										Aqua Fitness 9:00 AM - 9:55 AM																			
10 AM																																								
11 AM																																								
12 PM																																								
1 PM																																								
2 PM						Swim Lessons 8:00 AM - 9:30 PM										Swim Lessons 8:00 AM - 9:30 PM										Swim Lessons 8:00 AM - 9:30 PM														
3 PM	Swim Lessons 10:00 AM - 9:30 PM					Waves Team 3:00 PM - 8:30 PM										Swim Lessons 10:00 AM - 9:30 PM					Waves Team 3:00 PM - 8:30 PM										Swim Lessons 10:00 AM - 9:30 PM					Waves Team 3:00 PM - 8:30 PM				
4 PM																																								
5 PM																																								
6 PM																																								
7 PM						Waves Team 7:00 PM - 8:30 PM																																		
8 PM																																								
9 PM																																								
10 PM																																								

Saturday Lanes					Sunday Lanes				
1	2	3	4	5	1	2	3	4	5

7 AM										
8 AM										
9 AM										
10 AM										
11 AM										
12 AM	Swim Lessons 7:00 AM - 7:00 PM					Swim Lessons 7:00 AM - 7:00 PM				
1 PM										
2 PM										
3 PM										
4 PM										
5 PM										
6 PM										
7 PM										

Pool Lane Reminders

Lanes 1 & 2 are reserved for swim lessons at ALL times. If lanes are not being used by swim instructors, they are used for Lap swim/water aerobics **ONLY**.

Lanes are reserved Monday – Friday for the Waves Swim team.

ALL Lanes 1-5 are used during Aqua Fitness Class Monday, Wednesday & Friday.

Indoor Pool is for water fitness only during Summer Schedule June 26th- September 4th
OPEN Swim in outdoor pool

Lap Swim Etiquette

Lanes with 1 or 2 swimmers MAY “Line Swim” back and forth, Lanes with 3 or more MUST circle swim. Lane speed is as follows.

