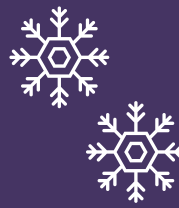


Lap Pool Schedule



Winter Break
 December 19 – 25, 2022
 updated 12/9/2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 6:00 Lap Swim	5:00 – 6:00 Lap Swim	5:00 – 6:00 Lap Swim	5:00 – 6:00 Lap Swim	5:00 – 6:00 Lap Swim		
6:00 – 7:55 Lap Swim (3 Lanes) FWHS 12/19 – 12/23 (3 Lanes)	6:00 – 7:55 Lap Swim (3 Lanes) FWHS 12/19 – 12/23 (3 Lanes)	6:00 – 7:55 Lap Swim (3 Lanes) FWHS 12/19 – 12/23 (3 Lanes)	6:00 – 7:55 Lap Swim (3 Lanes) FWHS 12/19 – 12/23 (3 Lanes)	6:00 – 7:55 Lap Swim (3 Lanes) FWHS 12/19 – 12/23 (3 Lanes)		
8:00 – 8:55 Senior Swim	8:00 – 8:55 Shallow Water Aerobics	8:00 – 8:55 Senior Swim	8:00 – 8:55 Shallow Water Aerobics	8:00 – 8:55 Senior Swim	7:00 – 9:00 Team Training Lap Swim (1 Lanes)	
9:00 – 10:00 Deep Water Aerobics	9:00 – 10:00 Senior Swim	9:00 – 10:00 Deep Water Aerobics	9:00 – 10:00 Senior Swim	9:00 – 10:00 Deep Water Aerobics	9:00 – 11:00 Team Training Lap Swim (2 Lanes)	
10:00 – 11:00 Lap Swim Water Walking	10:00 – 11:00 Lap Swim Water Walking	10:00 – 11:00 Lap Swim Water Walking	10:00 – 11:00 Lap Swim Water Walking	10:00 – 11:00 Lap Swim Water Walking		Closed Christmas and New Year's Day
11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:45 Lap Swim	
12:00 – 12:55 Lap Swim	12:00 – 12:55 Lap Swim	12:00 – 12:55 Lap Swim	12:00 – 12:55 Lap Swim	12:00 – 12:55 Lap Swim	12:00 – 1:45 Open Swim Lap Swim *wrist band required	
1:00 – 3:45 Open Swim Lap Swim *wrist bands required	1:00 – 3:45 Open Swim Lap Swim *wrist bands required	1:00 – 3:45 Open Swim Lap Swim *wrist bands required	1:00 – 3:45 Open Swim Lap Swim *wrist bands required	1:00 – 3:45 Open Swim Lap Swim *wrist bands required		
4:00 – 6:45 Open Swim Lap Swim *wrist bands required	4:00 – 6:45 Open Swim Lap Swim *wrist bands required	4:00 – 6:45 Open Swim Lap Swim *wrist bands required	4:00 – 6:45 Open Swim Lap Swim *wrist bands required	4:00 – 6:45 Open Swim Lap Swim *wrist bands required		
7:00 – 8:15 Lap Swim	7:00 – 8:15 Lap Swim	7:00 – 8:15 Lap Swim	7:00 – 8:15 Lap Swim	7:00 – 8:15 Lap Swim		