

# Lap Pool Schedule



**Winter Break**  
 December 26 – 31, 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	6:00 – 7:55 Lap Swim	6:00 – 7:55 Lap Swim	6:00 – 7:55 Lap Swim	6:00 – 7:55 Lap Swim		
8:00 – 8:55 Senior Swim Water Walking	8:00 – 8:55 Shallow Water Aerobics	8:00 – 8:55 Senior Swim Water Walking	8:00 – 8:55 Shallow Water Aerobics	8:00 – 8:55 Senior Swim Water Walking	7:00 – 9:00 Team Training Lap Swim (1 Lanes)	Closed Christmas and New Year's Day
9:00 – 9:55 Deep Water Aerobics	9:00 – 10:00 Senior Swim Water Walking	9:00 – 9:55 Deep Water Aerobics	9:00 – 10:00 Senior Swim Water Walking	9:00 – 9:55 Deep Water Aerobics	9:00 – 11:00 Team Training Lap Swim (2 Lanes)	
10:00 – 11:00 Lap Swim Lifeguard Training	10:00 – 11:00 Lap Swim Lifeguard Training	10:00 – 11:00 Lap Swim Water Walking	10:00 – 11:00 Lap Swim Lifeguard Training	10:00 – 11:00 Lap Swim Lifeguard Training	11:00 – 11:45 Lap Swim	
11:00 – 11:55 Lap Swim Day Camp LGT	11:00 – 11:55 Lap Swim Day Camp LGT	11:00 – 11:55 Lap Swim Day Camp	11:00 – 11:55 Lap Swim Day Camp LGT	11:00 – 11:55 Lap Swim Day Camp LGT		
12:00 – 12:55 Lap Swim Lifeguard Training	12:00 – 12:55 Lap Swim Lifeguard Training	12:00 – 12:55 Lap Swim Lifeguard Training	12:00 – 12:55 Lap Swim Lifeguard Training	12:00 – 12:55 Lap Swim Lifeguard Training	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		