



# Healthy Living Pool



# JOIN IN MAKE A SPLASH

November thru  
February

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Master's Swim Beg./Int. 6:30am-7:30am Lap Swim	No Rec Swim 4:15pm-6:30pm Mon, Tues, Thu 4pm-5:30pm Wed & 5pm-6:30pm Fri.	
7am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8am	Lap Swim Shallow Water Cardio 8:30am-9:30am	Lap Swim	Lap Swim Shallow Water Cardio 8:30am-9:30am	Lap Swim	Lap Swim Shallow Water Cardio 8:30am-9:30am	Lap Swim	
9am	Lap Swim Rec Swim	Lap Swim Rec Swim Master's Beg/Int 9:15am-10am	Lap Swim Rec Swim	Lap Swim Rec Swim Master's Beg/Int 9:15am-10am	Lap Swim Rec Swim	Lap Swim Master's Swim Int./Adv. 9:30am-10:30am	
10am	Deep Water Cardio Lap Swim Rec Swim	Deep Water Cardio Lap Swim Rec Swim	Deep Water Cardio Lap Swim Rec Swim	Deep Water Cardio Lap Swim Rec Swim	Deep Water Cardio Lap Swim Rec Swim	Lap Swim Rec Swim	
11am	Shallow Water Cardio Lap Swim Rec Swim (Deep)	Shallow Water Cardio Lap Swim Rec Swim (Deep)	Shallow Water Cardio Lap Swim Rec Swim (Deep)	Shallow Water Cardio Lap Swim Rec Swim (Deep)	Shallow Water Cardio Lap Swim Rec Swim (Deep)	Shallow Water Cardio Lap Swim	
12pm	Master's Swim Int./Adv.	Lap Swim Rec Swim	Master's Swim Int./Adv.	Lap Swim Rec Swim	Master's Swim Int./Adv.	Lap Swim Rec Swim	Lap / Rec Swim
1pm	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap / Rec Swim
2pm	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap / Rec Swim
3pm	Lap Swim Rec Swim Swim Lessons	Lap Swim Rec Swim Swim Lessons	Lap Swim Rec Swim Swim Lessons	Lap Swim Rec Swim Swim Lessons	Lap & Rec Swim (SL make ups if needed)	Lap Swim Rec Swim	Lap / Rec Swim
4pm	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap & Rec Swim Swim Lessons Swim Team	Lap Swim Rec Swim	Lap / Rec Swim
5pm	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Close at 5:45pm	Close at 5:45pm
6pm	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap & Rec Swim Swim Lessons	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	*Schedule subject to change without notice	
6:30pm	Lap & Rec Swim Close at 7:30pm	Lap & Rec Swim Close at 7:30pm	Lap & Rec Swim Close at 7:30pm	Lap & Rec Swim Close at 7:30pm	Lap & Rec Swim Close at 7:30pm		