



Healthy Living Pool



JOIN IN MAKE A SPLASH

August-December
2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Master's Swim Beg./Int. 6:30am-7:30am Lap Swim		
7am	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	
8am	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	
9am	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Master's Swim Int./Adv. 9:45-10:45	
10am	Deep Water Cardio Lap Swim Swim Lessons	Deep Water Cardio Lap Swim Swim Lessons	Deep Water Cardio Lap Swim Swim Lessons	Deep Water Cardio Lap Swim Swim Lessons	Deep Water Cardio Lap Swim	Lap Swim Master's Swim Int./Adv. 9:45-10:45	
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 Rec Swim (Deep)	
12pm	Master's Swim Int./Adv. Rec Swim	Lap Swim Rec Swim	Master's Swim Int./Adv. Rec Swim	Lap Swim Rec Swim	Master's Swim Int./Adv. Rec Swim	Lap Swim Rec Swim	Lap 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 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 Swim
3pm	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 Swim
4pm	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim
5pm	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Lap Swim Swim Team Rec Swim	Close at 5:45pm	Close at 5:45pm
6pm	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Lessons Rec Swim	Lap Swim Swim Lessons Swim Team	Lap Swim Swim Team Rec Swim	*Schedule subject to change without notice	
6:30pm	Lap Swim Swim Lessons Rec Swim	Lap Swim Swim Lessons Rec Swim	Lap Swim Swim Lessons Rec Swim	Lap Swim Swim Lessons Rec Swim	Lap Swim Exercise		