POOL SCHEDULE

August 23rd – August 29th

MONDAY

5:30 a.m. – 6:30 a.m.	Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m.	Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m.	Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m.	Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m.	Sore No More, 3 Lap Lanes
10:15 a.m. – 4:30 p.m.	Open Swim, 3 Lap Lanes
4:30 p.m. – 6:30 p.m.	MNG Swim Team Practice, 0 Lap Lanes
6:30 p.m. – 7:30 p.m.	Open Swim, 3 Lap Lanes
7:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

TUESDAY

5:30 a.m. – 6:30 a.m.	Sunrise Fitness, 4 Lap Lanes
6:30 a.m. – 8:00 a.m.	Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m.	Hydro Cuffs, 3 Lap Lanes
8:45 a.m. – 9:30 a.m.	Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m.	Sore No More, 3 Lap Lanes
10:15 a.m. – 4:30 p.m.	Open Swim, 3 Lap Lanes
4:30 p.m. – 6:30 p.m.	MNG Swim Team Practice, 0 Lap Lanes
6:30 p.m. – 7:30 p.m.	Open Swim, 3 Lap Lanes
7:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

WEDNESDAY

5:30 a.m. – 6:30 a.m.	Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m.	Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m.	Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m.	Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m.	Sore No More, 3 Lap Lanes
10:15 a.m. – 4:30 p.m.	Open Swim, 3 Lap Lanes
4:30 p.m. – 6:30 p.m.	MNG Swim Team Practice, 0 Lap Lanes
6:30 p.m. – 7:30 p.m.	Open Swim, 3 Lap Lanes
7:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

THE SAUNA IS CLOSED WHEN THE POOL IS CLOSED.

THURSDAY

5:30 a.m. – 6:30 a.m.	Sunrise Fitness, 4 Lap Lanes
6:30 a.m. – 8:00 a.m.	Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m.	Hydro Cuffs, 3 Lap Lanes
8:45 a.m. – 9:30 a.m.	Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m.	Sore No More, 3 Lap Lanes
10:15 a.m. – 7:30 p.m.	Open Swim, 3 Lap Lanes
7:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

FRIDAY

5:30 a.m. – 6:30 a.m.	Master's Swim, 3 Lap Lanes
6:30 a.m. – 8:00 a.m.	Open Swim, 6 Lap Lanes
8:00 a.m. – 8:45 a.m.	Water Fitness, 3 Lap Lanes
8:45 a.m. – 9:30 a.m.	Open Swim, 6 Lap Lanes
9:30 a.m. – 10:15 a.m.	Sore No More, 3 Lap Lanes
10:15 a.m. – 4:00 p.m.	Open Swim, 3 Lap Lanes
4:00 p.m. – 5:30 p.m.	MNG Swim Team Practice, 0 Lap Lanes
5:30 p.m. – 6:00 p.m.	Open Swim, 3 Lap Lanes
6:00 p.m. – 8:00 p.m.	Pool & Sauna Closed

SATURDAY

7:00 a.m. – 1:00 p.m.	Open Swim, 3 Lap Lanes
1:00 p.m. – 3:00 p.m.	Pool & Sauna Closed

SUNDAY

8:00 a.m. – 10:00 a.m.	Adult Open Swim (18+), 3 Lap Lanes
10:00 a.m. – 1:00 p.m.	Open Swim, 3 Lap Lanes
1:00 p.m. – 3:00 p.m.	Pool & Sauna Closed

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