POOL SCHEDULE

November 30th – December 20th

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. – 1:00 p.m.	Open Swim, 3 Lap Lanes
1:00 p.m. – 4:00 p.m.	Pool & Sauna Closed
4:00 p.m. – 5:00 p.m.	Open Swim, 3 Lap Lanes
5:15 p.m. – 6:00 p.m.	Water Fitness, (0 Lanes)
5:00 p.m. – 7:30 p.m.	Gators Swim Team, (0 Lanes)
7:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

*On November 30th there will be Adventure Program from 1:00pm-2:00pm

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. – 10:45 a.m.	Childcare Swim Lessons, 3 Lap Lanes
10:45 a.m. – 4:15 p.m.	Open Swim, 3 Lap Lanes
4:15 p.m. – 5:45 p.m.	Swimming Lessons, (0 Lanes)
5:00 p.m. – 7:30 p.m.	Gator Swim Team, (0 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. – 1:00 p.m.	Open Swim, 3 Lap Lanes
1:00 p.m. – 4:00 p.m.	Pool & Sauna Closed
4:00 p.m. – 5:00 p.m.	Open Swim, 3 Lap Lanes
5:15 p.m. – 6:00 p.m.	Water Fitness, (0 Lanes)
5:00 p.m. – 7:30 p.m.	Gators Swim Team, (0 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. – 10:45 a.m.	3K Swim Lessons, 3 Lap Lanes
10:45 a.m. – 12:30 p.m.	Open Swim, 3 Lap Lanes
12:30 p.m. – 1:30 p.m.	4K Swim Lessons, 3 Lap Lanes
1:30 p.m. – 4:15 p.m.	Open Swim, 3 Lap Lanes
4:15 p.m. – 5:45 p.m.	Swimming Lessons, (0 Lanes)
5:00 p.m. – 7:30 p.m.	Gator Swim Team, (0 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. – 1:00 p.m.	Open Swim, 3 Lap Lanes
1:00 p.m. – 2:00 p.m.	Adaptive Swimming, 3 Lap Lanes
2:00 p.m. – 6:30 p.m.	Open Swim, 3 Lap Lanes
6:30 p.m. – 8:00 p.m.	Pool & Sauna Closed

SATURDAY

7:00 a.m. – 9:00 a.m.	Adult Open Swim (18+), 3 Lap Lanes
9:00 a.m. – 11:00 a.m.	Swimming Lessons, 3 Lap Lanes
11:00 a.m. – 2:00 p.m.	Open Swim, 3 Lap Lanes
2:00 p.m. – 3:00 p.m.	Pool & Sauna Closed

*On December 19th there will be a Home Dual Meet. Pool closes at 11:00am

SUNDAY

8:00 a.m. – 2:00 p.m.	Open Swim, 3 Lap Lanes
2:00 p.m. – 3:00 p.m.	Pool & Sauna Closed

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