



Competition Pool Schedule January 1st - January 31st 2019

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TIME	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool Opens @ 5:30am	*Lap swim Open Lanes (8) 5:30am-7am	LY Swim Team *Lap Swim Open Lanes (2) 5:30am-7am	*Lap Swim Open Lanes (8) 5:30am-7am	*Lap Swim Open Lanes (8) 5:30am-7am	*Lap Swim Open Lanes (8) 5:30am-7am	Lap Swim () = # of Open Lanes	Water Fitness
7:00am	*Lap swim Open Lanes (8) 7:00am-9am	*Lap swim Open Lanes (8) 7:00am-9am	*Lap swim Open Lanes (8) 7:00am-9am	*Lap swim Open lanes (8) 7:00am-9am	*Lap swim Open Lanes (8) 7:00am-9am	Pool Opens @ 7am Open Lanes (8) 7am-9am	LY Swim Team & Masters
9:00am	Deep H2O 9am-10am *Lap swim Open Lanes (5) 9:00am-10am	Deepwater Cardio Combo 9am-10am *Lap swim Open Lanes (5) 9:00am-10am	Deep H2O 9am-10am *Lap swim Open Lanes (5) 9:00am-10am	Deepwater Cardio Combo 9am-10am *Lap swim Open Lanes (5) 9:00am-10am	Deep H2O 9am-10am *Lap swim Open Lanes (5) 9:00am-10am	Aqua Zumba 9am-10am *Lap swim Open Lanes (4) 9:00am-10am	Pool Opens & Closes
10:00am	*Lap swim Open Lanes (8) 10:00am-11am	*Lap Swim Open lanes (8) 10:00am-11am	*Lap Swim Open lanes (8) 10:00am-11am	*Lap Swim Open lanes (8) 10:00am-11am	*Lap swim Open Lanes (8) 10:00am-11am	*Lap swim Open Lanes (8) 10:00am-11am	High School Swim Team/ Swim Meet
11:00am	Master's Swim Open Lanes (2) 11:00am-12pm	*Lap Swim Open lanes (8) 11:00am-12pm	*Lap Swim Open lanes (8) 11:00am-12pm	*Lap Swim Open lanes (8) 11:00am-12pm	*Lap Swim Open lanes (8) 11:00am-12pm	*Lap Swim Open lanes (8) 11:00am-12pm	
12:00pm	*Lap swim Open Lanes (8) 12:00pm-3pm	*Lap Swim Open lanes (8) 12:00pm-3pm	*Lap swim Open Lanes (8) 12:00pm-3pm	*Lap Swim Open lanes (8) 12:00pm-3pm	*Lap Swim Open lanes (8) 12:00pm-3pm	*Lap Swim Open lanes (8) 12:00pm-1pm LY Swim Team 1pm-2:45pm Open Lanes (3)	Pool Opens @ 12pm *Lap Swim Open lanes (8) 12:00pm-3pm
3:00pm	High School Swim Team 3pm-4:15pm *Lap Swim Open Lanes (2) 3pm-4:15pm	High School Swim Team 3pm-4:15pm *Lap Swim Open Lanes (2) 3pm-4:15pm	High School Swim Team 3pm-4:15pm *Lap Swim Open Lanes (2) 3pm-4:15pm	High School Swim Team 3pm-4:15pm *Lap Swim Open Lanes (2) 3pm-4:15pm	High School Swim Team 3pm-4:15pm *Lap Swim Open Lanes (2) 3pm-4:15pm	*Lap Swim Open lanes (8) 3pm-4:15pm	LY Swim Team 3pm-4pm *Lap Swim Open Lanes (4)
4:15pm	LY Swim Team 4:15pm-6:15pm *Lap Swim Open Lanes (0) 4:15pm-5:45pm *Lap Swim Open Lanes (2) 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm *Lap Swim Open Lanes (0) 4:15pm-5:45pm *Lap Swim Open Lanes (2) 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm *Lap Swim Open Lanes (0) 4:15pm-5:45pm *Lap Swim Open Lanes (2) 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm *Lap Swim Open Lanes (0) 4:15pm-5:45pm *Lap Swim Open Lanes (2) 5:45pm-6:15pm	LY Swim Team 4:15pm-6:15pm *Lap Swim Open Lanes (0) 4:15pm-5:45pm *Lap Swim Open Lanes (5) 5:45pm-6:15pm	*Lap Swim Open Lanes (8) 4pm-5:45pm Pool Closes @ 5:45pm	LY Swim Team 4:00pm-5:45pm *Lap Swim Open Lanes (4) Pool Closes @ 5:45pm
5:45pm	Aqua Tone 5:45-6:45pm 6:15pm-6:45pm Open Lanes (5)	Aqua Zumba 5:45-6:45pm 6:15pm-6:45pm Open Lanes (5)	Aqua Boot Camp 5:45-6:45pm 6:15pm-6:45pm Open Lanes (5)	Aqua Zumba 5:45-6:45pm 6:15pm-6:45pm Open Lanes (5)	*Lap Swim Open Lanes (5) 5:45pm-6:15pm Open Lanes (8) 6:15pm-6:30pm	Comp Pool Temp: 80 - 82 Number of lanes: 8 lanes Distance: 1 length = 25 yards 35 laps = 1 mile	
6:45pm	*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	*Lap swim Open Lanes (8) 6:45pm-8pm	High School Swim Meet Pool Closes @ 6:30pm		
8:00pm	High School Swim Team 8pm-9:15pm *Open Lanes (3)	High School Swim Team 8pm-9:15pm *Open Lanes (3)	High School Swim Team 8pm-9:15pm *Open Lanes (3)	High School Swim Team 8pm-9:15pm *Open Lanes (3)	Pool Closes @ 6:30pm		
Pool Closes @ 9:45pm	*Lap Swim Open lanes (8) 9:15pm-9:45pm	*Lap Swim Open lanes (8) 9:15pm-9:45pm	*Lap Swim Open lanes (8) 9:15pm-9:45pm	*Lap Swim Open lanes (8) 9:15pm-9:45pm	*Schedule is subject to change		

Deep H2O: A great non-impact workout using floatation devices in the deep water.

Combo H2O: A combination of deep and shallow water workouts that focus on cardio conditioning.

Aqua Zumba: A fun high energy class designed to get you moving. This class is great for cardio conditioning.

Aqua Tone: A combination of fat burning cardio and muscle toning techniques.

Aqua Boot Camp: A high intensity, high energy water workout. Combining aspects of deep and shallow water training this is an entire body workout and a guaranteed calorie burner.

The Masters Swim is a free program designed for swimmers who want to improve stroke technique and work on endurance.

Our coach will be able to give you a challenging and beneficial workout for your level of swimming.

Monday 11 am — 12pm

Circle swim: Circle Swimming Etiquette:

- * Please swim in a counter-clockwise pattern.
- * Notify all swimmers in a lane before you enter and begin swimming.
- * When entering a lane please give the current swimmer the right of way.
- * Please limit the amount of time you rest at the end of the lane and move out of the way of other swimmers.
- * A lifeguard may ask you to move to another lane. Please comply, as this will make swimming safer & more enjoyable for all.