



Competition Pool Schedule August 13th - September 30th 2019

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

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

Water Fitness Class Descriptions

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 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.

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.

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 11am - 12pm