

# INDOOR POOL SCHEDULE\*

January 2nd - May 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Adult Fitness Swim 6:00 - 8:00 **</b> *Extended time until 9 a.m. on Tuesday, Thursday, and Friday.								
Synchro Swim 8:30 - 10:00	Swimnastics 9:00 - 10:00	Synchro Swim 8:30 - 10:00	Swimnastics 9:00 - 10:00	Handicap Swim 9:00 - 10:00			Fitness Swim 8:00 - 10:00	
Fitness Swim 10:00 - 11:00	Swim Lessons 10:00 - 12:00	Fitness Swim 10:00 - 11:00	Swim Lessons 10:00 - 12:00	Fitness Swim 10:00 - 11:00			Swim Lessons 10:00 - 1:00	
Silver Splash 11:00 - 12:00		Silver Splash 11:00 - 12:00		Silver Splash 11:00 - 12:00				
<b>Adult Fitness Swim 12:00 - 1:30 **</b> Lanes will be taken out at 1:25 on Monday, Wednesday, Friday							Fitness Swim** 12:00 - 1:00	
Learn to Swim 1:30 - 2:30	Over 50 Swim 1:30 - 2:30	Learn to Swim 1:30 - 2:30	Over 50 Swim 1:30 - 2:30	Learn to Swim 1:30 - 2:30			Family Swim 1:00 - 5:45 ***	Family Swim 1:00 - 5:45 ***
Arthritis 2:30 - 3:30	Arthritis 2:30 - 3:30		Arthritis 2:30 - 3:30					
Swim Team Highlands HS 3:30 - 5:00	Swim Team Highlands HS 3:30 - 5:00	Navy 3:30 - 5:00	Swim Team Highlands HS 3:30 - 5:00	Navy 3:30 - 5:00				
<b>Adult Fitness Swim 5:00 - 6:00**</b> Lanes will be taken out at 5:55 on Tuesday and Thursday								
Swim Team CC YMCA 6:00 - 7:30	Swim Lessons 6:00 - 8:00	Swim Team CC YMCA 6:00 - 7:30	Swim Lessons 6:00 - 8:00	Swim Team CC YMCA 6:00 - 7:30				
1/2 pool Family/Open <sup>1</sup> 7:30 - 8:30		1/2 pool Family/Open <sup>1</sup> 7:30 - 8:30		Deep Water *** 7:30 - 8:15				
Deep Water*** 7:30 - 8:15	Family/Open 8:00 - 9:00	Deep Water*** 7:30 - 8:15	Family/Open 8:00 - 9:00	Water Fitness*** 8:15 - 9:00				
Water Fitness*** 8:15 - 9:00		Water Fitness*** 8:15 - 9:00		Family/Open 7:30 - 9:45				
<b>Adult Fitness Swim 9:00 - 9:45</b>								

## \* POOL SCHEDULE SUBJECT TO CHANGE

\* ALL Lanes will be taken out 5 minutes before lap swim is over.

\*\* ADULT FITNESS SWIMS - 18 YEARS AND OLDER - PLEASE CIRCLE SWIM.

<sup>1</sup> Only 1/2 of the pool will be open on Mondays, Wednesdays & Fridays for Family Swim from 7:30 - 8:30.

\*\*\* The deep end will close at 7:30 on Mon., Wed. & Fri.

We will still have family swim in the shallow end.

**THE INDOOR POOL WILL BE LOCKED WHEN NOT IN USE**

**NOTE: INDOOR POOL WILL BE CLOSED IN CASE OF SEVERE WEATHER!!!**