LAP POOL SCHEDULE

January 2nd to February 25th 2024

	SUNDAY 8am-3:30pm	MONDAY 5am-8:30pm	TUESDAY 5am-8:30pm	WEDNESDAY 5am-8:30pm	THURSDAY 5am-8:30pm	FRIDAY 5am-8:30pm	SATURDAY 6am-4:30pm
Lane	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
5-5:30am							CLOSED
5:30-6am							
6-6:30am	CLOSED						
6:30-7am							
7-7:30am		7-8am Water in Motion		7-8am Aqua Flow	7:30-8:30 Deep Water Aerobics	7-8am Water in Motion	Indian Trail Swim Team 7:30-9:30
7:30-8am			7-8am Aqua Flow				
8-8:30am	Diving Board Open						
8:30-9am							
9-9:30am		9-10am & 10:15-11:15 Silver Sneaker Splash		9-10am & 10:15-11:15 Silver Sneaker Splash		9-10am & 10:15-11:15 Silver Sneaker Splash	LESSONS
9:30-10am			10-12 NAVY		10:30 HSSI		
10-10:30am							
10:30-11am							
11-11:30am							11am - 4:30 Diving Board Open
11:30-12pm							
12-12:30pm							
12:30-1pm							
1-1:30pm							
1:30-2pm							
2-2:30pm							
2:30-3pm							
3-3:30pm							
3:30-4pm		Indian Trail Swim Team 3:30-5:30	Indian Trail Swim Team 3:30-5:30	Indian Trail Swim Team 3:30-5:30	Indian Trail Swim Team 3:30-5:30	Indian Trail Swim Team 2:30-4:30	
4-4:30pm							
4:30-5pm		LESSONS	LESSONS	LESSONS	LESSONS		
5-5:30pm							
5:30-6pm	CLOSED						CLOSED
6-6:30pm		Jaguars Swim 6-7:30		Jaguars Swim 6-7:30		Jaguars Swim 6-7:30	
6:30-7pm			6:30-7:30 Deep Water Aerobics				
7-7:30pm							
7:30-8pm							
8-8:30pm							
8:30-9pm							

Lane usage and hours subject to change due to swim lessons, rentals, swim meets or unforseen events.

The lap pool will be closed for a swim meet on January 9th and 23rd

Reflects WINTER 2024 session

Updated on 1/24/2024