

LAP POOL SCHEDULE WINTER 2019

Updated 1/3/19

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM	CLOSED	5-7 AM GBN Swim Team Practice		5-7 AM GBN Swim Team Practice		5-7 AM GBN Swim Team Practice	CLOSED
6-7 AM	CLOSED	5-7 AM GBN Swim Team Practice	6-7 Master Swim Team	5-7 AM GBN Swim Team Practice		5-7 AM GBN Swim Team Practice	6:15-8:45 Dolphin Swim Team practice
7-8 AM							6:15-8:45 Dolphin Swim Team practice
8-9 AM							6:15-8:45 Dolphin Swim Team practice
9-10 AM		9-10 Aqua Boot Camp	9-9:45 Aqua Interval 9:45-10:45 Aqua Zumba		9-9:45 Aqua Interval 9:45-10:45 Aqua Zumba	9-10 Aqua Bootcamp	9:40-11:20 Group Swim Class (3 lanes)
10-11 AM	10-11 Conditioning	10-10:45 Aqua Fusion	9:45-10:45 Aqua Zumba	10:30-11:30 Conditioning		10-10:45 Aqua Fusion	9:40-11:20 Group Swim Class (3lanes)
11-12 PM	11-1:30 Private Swim Class			10:30-11:30 Conditioning			9:40-11:20 Group Swim Class (3 lanes) 11-12 Conditioning
12-1 PM	11-1:30 Private Swim Class						
1-4 PM	11-1:30 Private Swim Class	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	
4-5 PM		3-5 GBN Swim Team practice	3-5 GBN Swim Team practice	3-5 GBN Swim Team practice	3-5 GBN Swim Team practice	3-5 GBN Swim Team practice	
5-6 PM		5:05-6:45 Group Swim Class (3lanes) 5:30-6:30 Aqua Blast	5:05-6:45 Group Swim Class (3lanes)	9:40-11:20 Group Swim Class (3 lanes) 5:30-6:30 Hydro Running	5:05-6:45 Group Swim Class (3lanes) 5:30-6:30 Aqua Zumba	5:30-7 Dolphin Swim Team practice	
6-7 PM		5:05-6:45 Group Swim Class (3lanes) 5:30-6:30 Aqua Blast	5:05-6:45 Group Swim Class (3lanes)	5:30-6:30 Hydro Running 5:05-6:45 Group Swim Class (3lanes)	5:30-6:30 Aqua Zumba 6:30-7:30 Aqua Bootcamp 5:05-6:45 Group Swim Class (3lanes)	5:30-7 Dolphin Swim Team practice	
7-8 PM		7:30-9 Dolphin Swim Team	7:30-8:30 Dolphin Swim Team	7:30-9 Dolphin Swim Team	6:30-7:30 Aqua Bootcamp 7:30-8:30 Dolphin Swim Team		
8-9 PM		7:30-9 Dolphin Swim Team practice	7:30-8:30 Dolphin Swim Team practice	7:30-9 Dolphin Swim Team practice	7:30-8:30 Dolphin Swim Team practice		
9-10 PM							

****2 Lap lanes are always reserved for lap swimmers. Lane sharing with fellow members is encouraged **Lap Pool schedule is subject to change without notice**

THERAPY POOL SCHEDULE WINTER 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM							
6-7 AM							
7-8 AM							
8-9 AM							
9-10 AM				9:45-10:30 Aqua Tai Chi	9-9:45 Aqua Tai Chi		9-11:20 Group Swim Class
10-11 AM		10:45-11:45 Warm Water Therapy 10:35-11:40 Swim Class	10:45-11:45 Aqua Arthritis	10:45-11:45 Aqua Arthritis 10:35-11:40 Swim Class	10:45-11:45 Aqua Arthritis	10:45-11:45 Aqua Arthritis	9-11:20 Group Swim Class
11-12 PM	11-1:30 Private Swim Class	10:35-11:40 Swim Class 10:45-11:45 Warm Water Therapy		10:35-11:40 Swim Class			9-11:20 Group Swim Class
12-1 PM	11-1:30 Private Swim Class 12-5 Open Swim						
1-4 PM	11-1:30 Private Swim Class 12-5 Open Swim	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	Pool closed for daily cleaning	1-5 Open Swim
4-5 PM	12-5 Open Swim	4:20-4:50 Tot Swim class	4:20-4:50 Tot Swim class	4:20-4:50 Tot Swim class	4:20-4:50 Tot Swim class		1-5 Open Swim
5-6 PM		5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class		
6-7 PM		5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class	5:05- 6:45 Group Swim Class		
7-8 PM		6:55-8 Private Swim Class	6:55-8 Private Swim Class	6:55-8 Private Swim Class	6:55-8 Private Swim Class	Open Swim	
8-9 PM						Open Swim	
9-10 PM						Open Swim	

Highlighted times indicate classes are in session and Therapy pool is not available

OPEN SWIM HOURS

Friday 7pm-10pm
 Saturday 1pm-5pm
 Sunday 12pm-5pm

***Therapy Pool schedule is subject to change without notice*