



MAIN POOL SCHEDULE → Jul 26 – Aug 22

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6:00								6:00
:15								:15
:30								:30
:45								:45
7:00	6 Lap		6 Lap		6 Lap	6 Lap		7:00
:15								:15
:30								:30
:45								:45
8:00		6 Lap		6 Lap		6 Lap	6 Lap	8:00
:15								:15
:30								:30
:45								:45
9:00	6 Deep H2O		6 Deep H2O		6 Deep H2O			9:00
:15								:15
:30	6 Aquacize		6 Aquacize		6 Aquacize	2 Lesson 4 Lap	3 H2O Challenge 3 Lap	:30
:45								:45
10:00	6 Lap	2 Lesson 4 Lap	6 Lap	2 Lesson 4 Lap	6 Lap			10:00
:15								:15
:30	3 Lesson 3 Lap		3 Lesson 3 Lap					:30
:45								:45
11:00	2 Camp 4 Lap	2 Camp 4 Lap	2 Camp 4 Lap	2 Camp 4 Lap	2 Camp 4 Lap	3 Lesson 3 Lap	6 Lap	11:00
:15								:15
:30								:30
:45								:45
Noon	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	3 Rental 3 Lap	3 Rental 3 Lap	Noon
:15								:15
:30								:30
:45								:45
1:00	6 Camp	6 Camp	6 Camp	6 Camp	6 Camp	6 Lap	6 Lap	1:00
:15								:15
:30								:30
:45								:45
2:00						3 Rental 3 Lap	3 Rental 3 Lap	2:00
:15								:15
:30								:30
:45								:45
3:00		6 Lap		6 Lap		6 Lap	6 Lap	3:00
:15								:15
:30	3 Lesson 3 Lap	3 Lesson 3 Lap	3 Lesson 3 Lap	3 Lesson 3 Lap				:30
:45								:45
4:00		6 Lap		6 Lap				4:00
:15								:15
:30								:30
:45								:45
5:00		6 Lap		6 Lap			6 Lap	5:00
:15								:15
:30								:30
:45								:45
6:00	3 G. Club 3 Lap	5 Deep H2O 1 Lap	3 G. Club 3 Lap	5 Deep H2O 1 Lap	6 Lap	6 Lap		6:00
:15								:15
:30		3 Masters 3 Lap		3 Masters 3 Lap				:30
:45								:45
7:00								7:00
:15								:15
:30								:30
:45								:45
8:00	6 Lap	6 Lap	6 Lap	6 Lap				8:00
:15								:15
:30								:30
:45								:45
9:00								9:00
:15								:15
:30								:30
:45								:45
10:00								10:00

- Please note that this schedule is subject to change due to program enrollment, rentals, private lessons, etc...
- Please allow a 10-minute transition period between activities.
- Wee Wuns will use 3 lanes from 11:15-11:45 am on the 1st Thurs. & Fri. of each month.
- **Please use lap swim etiquette!** 2 swimmers → split a lane ; 3+ swimmers → please circle swim!
- Dashed lines above indicate 15-minute periods --- time is shown **BELOW** each line.
- Water walking is permitted during designated Lap time.



ALDEN POOL SCHEDULE → Jul 26 – Aug 22

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6:00								6:00
:15								:15
:30								:30
:45								:45
7:00	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			7:00
:15								:15
:30								:30
:45								:45
8:00						6 Lap		8:00
:15								:15
:30	6 Arthritis	6 Arthritis	4 Family 2 Lap	6 Arthritis	4 Liquid FIT 2 Lap			:30
:45								:45
9:00	2 Lesson 4 Liquid FIT	6 Hydrofit	2 Lesson 4 Liquid FIT	6 Hydrofit	4 Yoga 2 Lap			9:00
:15								:15
:30								:30
:45								:45
10:00	3 Lesson 3 Family	4 Lesson 2 Lap	3 Lesson 3 Family	4 Lesson 2 Lap	4 Family 2 Lap	6 Lessons	6 Lap	10:00
:15								:15
:30								:30
:45								:45
11:00								11:00
:15								:15
:30	6 Ban. (end 8/6) 4 Fam / 2 Lap (starts 8/9)	6 Ban. (end 8/6) 4 Fam / 2 Lap (starts 8/9)	6 Ban. (end 8/6) 4 Fam / 2 Lap (starts 8/9)	6 Ban. (end 8/6) 4 Fam / 2 Lap (starts 8/9)	6 Ban. (end 8/6) 4 Fam / 2 Lap (starts 8/9)			:30
:45								:45
Noon								Noon
:15								:15
:30	6 Water Walking	6 Water Walking	6 Water Walking	6 Water Walking				:30
:45								:45
1:00								1:00
:15								:15
:30	4 Family 2 Lap							:30
:45								:45
2:00								2:00
:15								:15
:30	4 Family 1 Lap 1 Rental	4 Family 2 Lap	4 Family 2 Lap	4 Family 2 Lap				:30
:45								:45
3:00								3:00
:15								:15
:30								:30
:45								:45
4:00								4:00
:15								:15
:30	3 Lesson 3 Family	3 Lesson 3 Family	3 Lesson 3 Family	3 Lesson 3 Family				:30
:45								:45
5:00								5:00
:15								:15
:30								:30
:45								:45
6:00								6:00
:15								:15
:30	4 Family 2 Lap	4 Lesson 2 Family	4 Family 2 Lap	4 Lesson 2 Family				:30
:45								:45
7:00								7:00
:15								:15
:30	3 Family 3 Aero.		3 Family 3 Aero.					:30
:45								:45
8:00								8:00
:15								:15
:30	4 Family 2 Lap	4 Family 2 Lap	4 Family 2 Lap	4 Family 2 Lap				:30
:45								:45
9:00								9:00
:15								:15
:30								:30
:45								:45
10:00								10:00

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