

# INDOOR POOL SCHEDULE\*

September 8<sup>th</sup> - December 31<sup>st</sup>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Adult Fitness Swim 6:00 - 9:00**						
Synchro Swim 9:00 - 10:00	Swimnastics 9:00 - 10:00	Synchro Swim 9:00 - 10:00	Swimnastics 9:00 - 10:00	Handicap Swim 9:00 - 10:00	Fitness Swim 7:00 - 9:00	
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 Team 9:00 - 10:00	
Silver Splash 11:00 - 12:00		Silver Splash 11:00 - 12:00		Silver Splash 11:00 - 12:00		
Adult Fitness Swim 12:00 - 1:30 ** Lanes will be taken out at 1:25 on Monday, Wednesday, Friday					Swim Lessons 10:00 - 1:00	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 - 6:00 ***	Family Swim 1:00 - 6:00 ***
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 2:30 - 5:00	Swim Team Highlands HS 3:30 - 5:00	Navy 2:30 - 5:00		
Adult Fitness Swim 5:00 - 6:00** 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		
Family Swim 7:30 - 8:30 1/2 pool		Family Swim 7:30 - 8:30 1/2 pool		H <sub>2</sub> O Fitness 7:30 - 9:00 1/2 pool		
Deep Water 7:30 - 8:15	Open Swim 8:00 - 9:00	Deep Water 7:30 - 8:15	Open Swim 8:00 - 9:00	Family/Open 7:30 - 9:00		
Water Fitness*** 8:15 - 9:00		Water Fitness*** 8:15 - 9:00				
Adult Fitness Swim 9:00 - 9:45						

## \* POOL SCHEDULE SUBJECT TO CHANGE

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

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

THE INDOOR POOL WILL BE LOCKED WHEN NOT IN USE

**NOTE:** INDOOR POOL WILL BE CLOSED  
AUGUST 25<sup>TH</sup> - SEPTEMBER 7<sup>TH</sup> FOR YEARLY CLEANING

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