

# 2019

# October

# Open Swim Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	5A-7:00A SATURDAY	SUNDAY
30	01 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open Swim 4p-445p - 2 Lap Lanes Open 515p-545p - 1 Lap Lane Open 545p-950p - Open Swim	02 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-530p - Open Swim 530p-630p - 4 Lap Lanes Open 630p-950p - Open Swim	03 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open Swim 4p-445p - 2 Lap Lanes Open 5p-630p - 1 Lap Lane Open 630p-950p - Open Swim	04 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-11a - 2 Lap Lanes Open 11a-950p - Open Swim	05 7a-930a - Open Swim 930a-10a - Closed 10a-1045a - 1 Lap Lane Open 1045a-4p - Open Swim	06 1p-5p - Open Swim
07 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 330p-515p - 1 Lap Lane Open 515p-7p - Closed 7p-950p - Open swim	08 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open Swim 4p-445p - 2 Lap Lanes Open 515p-545p - 1 Lap Lane Open 545p-950p - Open Swim	09 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 530p-630p - 4 Lap Lanes Open 630p-950p - Open Swim	10 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open swim 4p-445p - 2 Lap Lanes Open 5p-630p - 1 Lap Lane Open 630p-950p - Open Swim	11 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-11a - 2 Lap Lanes Open 11a-950p - Open Swim	12 7a-930a - Open Swim 930a-1000a - 1 Lap Lane open 1000a-4p - Open Swim	13 1p-5p - Open Swim
14 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 330p-515p - 1 Lap Lane Open 515p-7p - Closed 7p-950p - Open swim	15 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open Swim 4p-445p - 2 Lap Lanes Open 515p-545p - 1 Lap Lane Open 545p-950p - Open Swim	16 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 530p-630p - 4 Lap Lanes Open 630p-950p - Open Swim	17 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open swim 4p-445p - 2 Lap Lanes Open 5p-630p - 1 Lap Lane Open 630p-950p - Open Swim	18 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-11a - 2 Lap Lanes Open 11a-950p - Open Swim	19 7a-930a - Open Swim 930a-1000a - 1 Lap Lane Open 1000a-4p - Open Swim	20 1p-5p - Open Swim
21 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 330p-515p - 1 Lap Lane Open 515p-7a - Closed 7p-950p - Open swim	22 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open Swim 4p-445p - 2 Lap Lanes Open 515p-545p - 1 Lap Lane Open 545p-950p - Open Swim	23 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-530p - Open Swim 530p-630p - 4 Lap Lanes Open 630p-950p - Open Swim	24 5a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open swim 4p-445p - 2 Lap Lanes Open 5p-630p - 1 Lap Lane Open 630p-950p - Open Swim	25 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-11a - 2 Lap Lanes Open 11a-330p - Open Swim 330p-530p - 2 Lap Lanes Open 530p-950p - Open Swim	26 7a-8a - Open Swim 8-915a - 2 Lap Lanes Open 930a-1045a - 1 Lap Lane Open 1045a-4p - Open Swim	27 1p-5p - Open Swim
28 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-330p - Open Swim 330p-515p - 1 Lap Lane Open 515p-7p - Closed 7p-830p - Open swim 830p-950p - 2 Lap Lanes Open	29 5a-545a - Open Swim 545a-715a - 2 Lap Lanes Open 715a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-4p - Open swim 4p-445p - 2 Lap Lanes Open 515p-545p - 1 Lap Lane Open 545p-830p - Open Swim 830p-950p - 2 Lap Lanes Open	30 5a-6a - Open Swim 6a-645a - 2 Lap Lanes Open 645a-815a - Open Swim 815a-10a - 2 Lap Lanes Open 10a-4p - Open Swim 4p-530p - 2 Lap Lanes Open 530p-6p - Closed 6p-630p - 4 Lap Lanes Open 630p-950p - Open Swim	31 5a-545a - Open Swim 545a-715a - 2 Lap Lanes Open 715a-8a - Open Swim 8a-1030a - 2 Lap Lanes Open 1030a-330p - Open swim 330p-4p - 2 Lap Lanes Open 4p-430p - Closed 445p-630p - 1 Lap Lane Open 630p-830p - Open Swim 830p-950p - 2 Lap Lanes Open	01 <b>NOTES:</b> High School Swim Practices begin October 25  Lap lanes are first come/first served, are to be shared other members & may need to be shared for private lessons.  Schedule subject to change	02	03

# October 2019 Pool Activities

facility hours mon-fri 5a-10p, sat 7a-6p sun 1p-5p

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	5
		Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p <i>Swim Lessons 515-545p</i>	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Special Olympics 530-630p	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p AMFY 5-6:30p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Swim Lessons 10a-12p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a <i>Swim Lessons 930-1045a</i>	
6	7	8	9	10	11	12	
Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a AMFY 3:30-4:45p <i>Swim Lessons 515-7p</i>	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p <i>Swim Lessons 515-545p</i>	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Special Olympics 530-630p	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p AMFY 5-6:30p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Swim Lessons 10a-12p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a <i>Swim Lessons 930-1045a</i>		
13	14	15	16	17	18	19	
Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a AMFY 3:30-4:45p <i>Swim Lessons 515-7p</i>	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p <i>Swim Lessons 515-545p</i>	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Special Olympics 530-630p	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p AMFY 5-6:30p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Swim Lessons 10a-12p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a <i>Swim Lessons 930-1045a</i>		
20	21	22	23	24	25	26	
Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a AMFY 3:30-4:45p <i>Swim Lessons 515-7p</i>	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p <i>Swim Lessons 515-545p</i>	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Special Olympics 530-630p	Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p AMFY 5-6:30p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a Swim Lessons 10a-12p NB 330-430p M 430-530p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a <i>Swim Lessons 930-1045a</i> ML 8-915a		
27	28	29	30	31			
Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a AMFY 3:30-4:45p <i>Swim Lessons 515-7p</i> NB 830p-930p	M 545-715a Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a Hydrocise 4-445p <i>Swim Lessons 515-545p</i> ML 830p-950p	Flip the Flab 6-645a Aqua Boot camp 6-645a Aqua Stretch 815-9a Water fit 9-945a Water works 915-10a ML 4-5p M 5-6p Special Olympics 530-630p	M 545-715a Flip the Flab 8-845a Water Fit 9-945a Liquid Salsa 945a-1030a NB 330-430p Hydrocise 4-445p AMFY 5-6:30p ML 830p-950p				