



# LAP POOL SCHEDULE

September 3rd through October 27th

	SUNDAY								MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY															
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																																																CLOSED															
5:30-6am	CLOSED								ITA 5:30 to 6:30																																ITA 5:30 to 6:30																							
6-6:30am	CLOSED								6:30-7:30 am																																																							
6:30-7am	CLOSED								Water in Motion								7:00-8:00 am								7:00-8:00 am								7:00-8:00 am								7:00-8:00 am																							
7-7:30am	CLOSED																Aqua Flow								Aqua Combat								Aqua Combat								Aqua Combat																							
7:30-8am	CLOSED																																Deep Water Aerobics								Aqua Combat																							
8-8:30am	Diving Board Open																																																															
8:30-9am																																																																
9-9:30am																	9-10am & 10:15-11:15																9-10am & 10:15-11:15																9-10am & 10:15-11:15															
9:30-10am																	Silver Sneaker Splash								10-12								Silver Sneaker Splash								SCHEDULE								Silver Sneaker Splash															
10:30-11am																									NAVY																																							
11-11:30am																																																																
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																																																																
4-4:30pm									Indian Trail Swim Team 3:30-6:00								Indian Trail Swim Team 3:30-6:00								Indian Trail Swim Team 3:30-6:00								Indian Trail Swim Team 3:30-6:00								Indian Trail Swim Team 2:30-5:00																							
4:30-5pm																	LESSONS																																															
5-5:30pm																																																																
5:30-6pm	CLOSED								LESSONS																																																							
6-6:30pm	CLOSED																								Jaguar swim team								6:00 to 7:00								LESSONS								Jaguar swim team															
6:30-7pm	CLOSED																								Deep Water Aerobi																																							
7-7:30pm	CLOSED																																																															
7:30-8pm	CLOSED																																																															
8-8:30pm	CLOSED																																																															
8:30-9pm	CLOSED																																																															

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

Reflects Fall I Session

There are no classes or lessons on Monday, September 2nd

Updated on 9/4/2024

The lap pool will be closed for Indian Trail Swim Meets from 3-8pm on 9/24, 10/8 and 10/15.