

MON 14	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B								
		WEST (9 LANES)									MID (3)		EAST (8 LANES)								SPLASH ZONE	25 YARD			DIVING WELL									
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	B H	1	2	3	4	5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes				
5:30 AM		Masters 5:45-7 W1-5																																
6:00 AM		Masters 5:45-7 W1-5																																
6:30 AM		Masters 5:45-7 W1-5																																
7:00 AM		Masters 5:45-7 W1-5																																
7:30 AM	Open Therapy 7:00-9:00	Deep Aero																																
8:00 AM		Masters 5:45-7 W1-5																																
8:30 AM		Masters 5:45-7 W1-5																																
9:00 AM		Masters 5:45-7 W1-5																																
9:30 AM		Masters 5:45-7 W1-5																																
10:00 AM		Masters 5:45-7 W1-5																																
10:30 AM		Masters 5:45-7 W1-5																																
11:00 AM		Masters 5:45-7 W1-5																																
11:30 AM		Masters 5:45-7 W1-5																																
12:00 PM	Works 12:00-12:30	Masters 5:45-7 W1-5																																
12:30 PM		Masters 5:45-7 W1-5																																
1:00 PM		Masters 5:45-7 W1-5																																
1:30 PM		Masters 5:45-7 W1-5																																
2:00 PM		Masters 5:45-7 W1-5																																
2:30 PM		Masters 5:45-7 W1-5																																
3:00 PM		Masters 5:45-7 W1-5																																
3:30 PM	Open Therapy 3:00-5:00	HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
4:00 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
4:30 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
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5:30 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
6:00 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
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7:30 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
8:00 PM		HMS Swim 3:15-4:45 4 lanes (1st day boys)			HH Swim 3:45-6 5 lanes			Lap Swim & Water Walking					HCMS Swim 3:30-5 4 lanes (first day boys)			MLA Black, Red 4-6					HC Swim 3:45-6 6 lanes			HH Dive 3:15-6			HC Dive 3:30-6							
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	B H	1	2	3	4	5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes				
		WEST (9 LANES)									MID (3)		EAST (8 LANES)								SPLASH ZONE	25 YARD			DIVING WELL									
	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B								

WED 16	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B					
		WEST (9 LANES)									MID (3)			EAST (8 LANES)				SPLASH ZONE	25 YARD			DIVING WELL									
		No Lanes																No Lanes	1 2 3 4 5 6			No Lanes									
5:30 AM																									5:30 AM						
6:00 AM		Masters 5:45-7 W1-5																							6:00 AM						
6:30 AM																									6:30 AM						
7:00 AM																									7:00 AM						
7:30 AM	Open Therapy 7:00-9:00	Deep Aero W 1-2																							7:30 AM						
8:00 AM																									8:00 AM						
8:30 AM																			School Instructional Program						8:30 AM	Framework					
9:00 AM																															9:00 AM
9:30 AM		Making Waves																							9:30 AM						
10:00 AM		Making Waves																Preschool Swim							10:00 AM						
10:30 AM	Aqua Yoga 10:45-11:45am	Masters 10:45-12 5 lanes																								10:30 AM					
11:00 AM																									11:00 AM						
11:30 AM																									11:30 AM						
12:00 PM	Works 12:00-12:30																								12:00 PM						
12:30 PM																									12:30 PM						
1:00 PM																									1:00 PM						
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2:30 PM																		PL							2:30 PM						
3:00 PM																									3:00 PM						
3:30 PM	Open Therapy 3:00-5:00	HCMS Swim 3:30-5 4 lanes				HC Swim 3:45-6 6 lanes				Laps and WW				HMS Swim 3:15-4:45 4 lanes				MLA Black, Red 4-6 pm				HH Swim 3:45-6 5 lanes			HH Dive 3:15-6			HC Dive 3:30-6			
4:00 PM																									4:00 PM						
4:30 PM																									4:30 PM						
5:00 PM																									5:00 PM						
5:30 PM																									5:30 PM						
6:00 PM																									6:00 PM						
6:30 PM	Aqua Yoga 6:15 - 7:15	MLA Dive			Open Swim: ZL, Diving			Lap Swim			Open Swim			MLA Blue 6-7:45 pm				Lap Swim				SWIM TEST				Open Swim			MLA Red, White 6-7:45		
6:30 PM																									6:30 PM						
7:00 PM																									7:00 PM						
7:30 PM																									7:30 PM						
8:00 PM																									8:00 PM						
		No Lanes																No Lanes	1 2 3 4 5 6			No Lanes									
		WEST (9 LANES)									MID (3)			EAST (8 LANES)				SPLASH ZONE	25 YARD			DIVING WELL									
	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B					

FRI 18	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B					
		WEST (9 LANES)									MID (3)			EAST (8 LANES)				SPLASH ZONE	25 YARD			DIVING WELL									
		No Lanes									1 2 3 BH			1 2 3 4 5 6 7 8				No Lanes	1 2 3 4 5 6			No Lanes									
5:30 AM																									5:30 AM						
6:00 AM		Masters 5:45-7 W1-5																							6:00 AM						
6:30 AM																									6:30 AM						
7:00 AM																									7:00 AM						
7:30 AM	Open Therapy 7:00-9:00	Deep Aero W 1-2																							7:30 AM						
8:00 AM																									8:00 AM						
8:30 AM																			School Instructional Program						8:30 AM	Framework					
9:00 AM																															9:00 AM
9:30 AM		Making Waves																							9:30 AM						
10:00 AM																									10:00 AM						
10:30 AM		Masters 10:45-12, 5 lanes																Preschool Swim							10:30 AM						
11:00 AM																									11:00 AM						
11:30 AM																									11:30 AM						
12:00 PM	Works 12:00-12:30																								12:00 PM						
12:30 PM																									12:30 PM						
1:00 PM																									1:00 PM						
1:30 PM																									1:30 PM						
2:00 PM																									2:00 PM						
2:30 PM																									2:30 PM						
3:00 PM																									3:00 PM						
3:30 PM	Open Therapy 3:00-5:00	HCMS Swim 3:30-5 4 lanes			HC Swim 3:45-6 6 lanes						Laps and WW			HMS Swim 3:15-4:45 4 lanes				MLA		HH Swim 3:45-6 5 lanes			HH Dive 3:15-6		HC Dive 3:30-6		3:30 PM				
4:00 PM																									4:00 PM						
4:30 PM																									4:30 PM						
5:00 PM																									5:00 PM						
5:30 PM																									5:30 PM						
6:00 PM	P&C Playtime 6-7	MLA Dive			Open Swim: ZL, Diving			Lap Swim			Open Swim			MLA Black, Red, Blue 4-6 Pm				SWIM TEST		Open Swim									6:00 PM		
6:30 PM																									6:30 PM						
7:00 PM																									7:00 PM						
7:30 PM																									7:30 PM						
8:00 PM																									8:00 PM						
		No Lanes																No Lanes	No Lanes												
		WEST (9 LANES)									MID (3)			EAST (8 LANES)				SPLASH ZONE	25 YARD			DIVING WELL									
	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL							MPR A	MPR B				

SAT 19	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B								
		WEST (9 LANES)									MID (3)	EAST (8 LANES)								SPLASH ZONE	25 YARD			DIVING WELL										
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	BH	1	2	3	4	5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes				
5:30 AM																																		
6:00 AM																																		
6:30 AM																																		
7:00 AM																																		
7:30 AM																																		
8:00 AM																																		
8:30 AM																																		
9:00 AM	Parent Child and Little Swimmers	MLA Swim									Laps and WW			HH Swim 9-11 5 lanes					Lap Swim															
9:30 AM																																		
10:00 AM																																		
10:30 AM																																		
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12:00 PM																																		
12:30 PM																																		
1:00 PM	Open Therapy 1-2																																	
1:30 PM																																		
2:00 PM	P&C Playtime																																	
2:30 PM																																		
3:00 PM		Open Swim: 1M Diving board, WiBit Aqua Track				Lap Swim			Open Swim: Basketball, Tubes			Lap Swim					Swim Test																	
3:30 PM																																		
4:00 PM																																		
4:30 PM																																		
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6:00 PM																																		
6:30 PM																																		
7:00 PM																																		
7:30 PM																																		
8:00 PM																																		
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	BH	1	2	3	4	5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes				
	THERAPY	WEST (9 LANES)									MID (3)	EAST (8 LANES)								SPLASH ZONE	25 YARD			DIVING WELL			MPR A	MPR B						

SUN 20	THERAPY	50 METER POOL																LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B									
		WEST (9 LANES)									MID (3)			EAST (8 LANES)					SPLASH ZONE	25 YARD			DIVING WELL												
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	BH	1	2	3	4		5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes				
12:30 PM																																	12:30 PM		
1:00 PM	P&C Playtime + Open Therapy	Open Swim: 1M Diving board, WiBit Aqua Track									Lap Swim			Open Swim: Basketbal I, Tubes				Lap Swim				Swim Test	Open Swim									1:00 PM			
1:30 PM																																1:30 PM			
2:00 PM																																2:00 PM			
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4:30 PM																																4:30 PM			
5:00 PM		Lifeguard Inservice 5:30pm-7:30pm																			5:00 PM														
5:30 PM																					5:30 PM														
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8:00 PM					8:00 PM																														
	No Lanes	1	2	3	4	5	6	7	8	9	1	2	3	BH	1	2	3	4	5	6	7	8	No Lanes	1	2	3	4	5	6	No Lanes					
		WEST (9 LANES)									MID (3)			EAST (8 LANES)				SPLASH ZONE	25 YARD			DIVING WELL													
	THERAPY	50 METER POOL																	LEISURE POOL	INSTRUCTIONAL						MPR A	MPR B								