

INDOOR LAP POOL SCHEDULE 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Lap Swimming		Lap Swimming		Lap Swimming		
5:30am	5-6a		5-6a		5-6a		
6:00am	Master Swim		Master Swim		Master Swim		
6:30am	6-7a		6-7a		6-7a		
7:00am							
7:30am							
8:00am							
8:30am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
9:00am	7a-2p	7a-2p	7a-2p	7a-2p	7a-2p	6a-2p	7a-2p
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
5:00pm	2:30-11:45p	2:30-11:45p	2:30-11:45p	2:30-11:45p	2:30-11:45p	2:30-9:45p	2:30-9:45p
5:30pm							
6:00pm							
6:30pm							
7:00pm							
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9:00pm							
9:30pm							
10:00pm							
10:30pm							
11:00pm							
11:30pm							

**Indoor Pool Rules and Etiquette**

1. Warning: No Lifeguard on Duty.
2. Lap swimming only. No lap walking or recreational play.
3. Children under 14 years of age must be accompanied by a parent or legal guardian and must be able to swim laps.
4. Lap swimmers have access to all lanes at all times, EXCEPT during *Master Swim Time*.
5. Lap swimmers should avoid swimming alone.
6. Must share a lane if asked.
7. Glass is prohibited in the pool area.
8. No diving or prolonged breath holding.

