

Competition Pool Schedule: Monday, August 1-Friday, August 26

Monday

Deep End	Ladder								Ladder								Ladder								Shallow End
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0			
4:30-5 AM																									
5-5:30 AM									Masters 5:00-6:00a																
5:30-6 AM																									
6-6:30 AM																									
6:30-7 AM																									
7-7:30 AM																									
7:30-8 AM																									
8-8:30 AM																									
8:30-9 AM																									
9-9:30 AM																									
9:30-10 AM																									
10-10:30 AM																									
10:30-11 AM																									
11-11:30 AM																									
11:30-12 PM																									
12-12:30 PM																									
12:30-1 PM																									
1-1:30 PM																									
1:30-2 PM																									
2-2:30 PM																									
2:30-3 PM																									
3-3:30 PM																									
3:30-4 PM																									
4-4:30 PM																									
4:30-5 PM																									
5-5:30 PM																									
5:30-6 PM																									
6-6:30 PM																									
6:30-7 PM																									
7-7:30 PM																									
7:30-8 PM																									
8-8:30 PM																									
8:30-9 PM																									
9-9:30 PM																									

Masters
11:30-12:45p

Masters 5:00-6:00a

Aqua Fit
8:10a -8:55a

Competition Pool Schedule: Monday, August 1-Friday, August 26

Wednesday

Deep End	Ladder							Ladder							Ladder									
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0
4:30-5 AM																								
5-5:30 AM									Masters 5:00-6:00a															
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM																Aqua Fit								
8:30-9 AM																8:10a -8:55a								
9-9:30 AM																								
9:30-10 AM									Deep Water 9:20a-10:20a															
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM									Masters															
12-12:30 PM									11:30-12:45p															
12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM																Aqua Zumba								
6:30-7 PM																6:00-7:00p								
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: Monday, August 1-Friday, August 26

Thursday

Deep End	Ladder								Ladder								Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
4:30-5 AM																								
5-5:30 AM									Masters 5:00-6:00a															
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM									Deep Water 8:20a-9:20a															
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM																					Aqua Fit 9:20a -10:20a			
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM																								
6:30-7 PM																								
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								

Competition Pool Schedule: Monday, August 1-Friday, August 26

Friday

	Ladder									Ladder													
	21	20	19	18	17	16	15	14		13	12	11	10	9	8	7	6	5	4	3	2	1	0
4:30-5 AM																							
5-5:30 AM																							
5:30-6 AM																							
6-6:30 AM																							
6:30-7 AM																							
7-7:30 AM																							
7:30-8 AM																							
8-8:30 AM																							
8:30-9 AM																							
9-9:30 AM																							
9:30-10 AM																							
10-10:30 AM																							
10:30-11 AM																							
11-11:30 AM																							
11:30-12 PM				Masters																			
12-12:30 PM				11:30-12:45p																			
12:30-1 PM																							
1-1:30 PM																							
1:30-2 PM																							
2-2:30 PM																							
2:30-3 PM																							
3-3:30 PM																							
3:30-4 PM																							
4-4:30 PM																							
4:30-5 PM																							
5-5:30 PM																							
5:30-6 PM																							
6-6:30 PM																							
6:30-7 PM																							
7-7:30 PM																							
7:30-8 PM																							
8-8:30 PM																							
8:30-9 PM																							
9-9:30 PM																							

Aqua Fit
10:20a -11:20a

Competition Pool Schedule: Monday, August 1-Friday, August 26

Saturday

Deep End	Ladder							Ladder							Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
4:30-5 AM	Dark Grey																					
5-5:30 AM	Dark Grey																					
5:30-6 AM	Dark Grey																					
6-6:30 AM	Dark Grey																					
6:30-7 AM	Dark Grey																					
7-7:30 AM	Dark Grey																					
7:30-8 AM	Dark Grey																					
8-8:30 AM	Light Grey							Light Green							Light Green							
8:30-9 AM	Light Grey							Light Green							Light Green							
9-9:30 AM	Light Grey							Light Green							Light Green							
9:30-10 AM	Light Grey							Light Green							Light Green							
10-10:30 AM	Light Grey							Light Green							Light Green							
10:30-11 AM	Light Grey							Light Green							Light Green							
11-11:30 AM	Light Grey							Light Green							Light Green							
11:30-12 PM	Light Grey							Light Green							Light Green							
12-12:30 PM	Light Grey							Light Green							Light Green							
12:30-1 PM	Light Grey							Light Green							Light Green							
1-1:30 PM	Light Grey							Light Green							Light Green							
1:30-2 PM	Light Grey							Light Green							Light Green							
2-2:30 PM	Light Grey							Light Green							Light Green							
2:30-3 PM	Light Grey							Light Green							Light Green							
3-3:30 PM	Light Grey							Light Green							Light Green							
3:30-4 PM	Light Grey							Light Green							Light Green							
4-4:30 PM	Light Grey							Light Green							Light Green							
4:30-5 PM	Light Grey							Light Green							Light Green							
5-5:30 PM	Light Grey							Light Green							Light Green							
5:30-6 PM	Dark Grey																					
6-6:30 PM	Dark Grey																					
6:30-7 PM	Dark Grey																					
7-7:30 PM	Dark Grey																					
7:30-8 PM	Dark Grey																					
8-8:30 PM	Dark Grey																					
8:30-9 PM	Dark Grey																					
9-9:30 PM	Dark Grey																					

Swim Lessons 8:00am-1:00pm

Competition Pool Schedule: Monday, August 1-Friday, August 26

Sunday

Deep End	Ladder									Ladder							Ladder							
	21	20	19	18	17	16	15	14		13	12	11	10	9	8		7	6	5	4	3	2	1	0
4:30-5 AM																								
5-5:30 AM																								
5:30-6 AM																								
6-6:30 AM																								
6:30-7 AM																								
7-7:30 AM																								
7:30-8 AM																								
8-8:30 AM																								
8:30-9 AM																								
9-9:30 AM																								
9:30-10 AM																								
10-10:30 AM																								
10:30-11 AM																								
11-11:30 AM																								
11:30-12 PM																								
12-12:30 PM																								
12:30-1 PM																								
1-1:30 PM																								
1:30-2 PM																								
2-2:30 PM																								
2:30-3 PM																								
3-3:30 PM																								
3:30-4 PM																								
4-4:30 PM																								
4:30-5 PM																								
5-5:30 PM																								
5:30-6 PM																								
6-6:30 PM																								
6:30-7 PM																								
7-7:30 PM																								
7:30-8 PM																								
8-8:30 PM																								
8:30-9 PM																								
9-9:30 PM																								