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FOR HEALTHY LIVING
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Large Pool Schedule – January 2021

This schedule is subject to **last minute program changes**. Lap swimmers are expected to share lap lanes by circle swimming. The lanes will be on a first come, first serve basis. (**Lane 8** will be used for swim testing purposes!)
** From 4:30-5:30pm Monday-Thursday there will be no lap lanes available.
***Makos practices Saturday mornings 7:00am-9:00am

	MONDAY **Pool Open 5:30am**	TUESDAY **Pool Open 5:30am**	WEDNESDAY **Pool Open 5:30am**	THURSDAY **Pool Open 5:30am**	FRIDAY **Pool Open 5:30am**	SATURDAY **Pool Open 7:15am**	SUNDAY **Pool Open 1:15pm**
5:30 AM - 8:00 AM	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Open Swim Makos 7:00am-9:00am	
8:00 AM - 11:30 AM	Water Fitness & 3 Lanes lap Swim	Water Fitness & 3 Lanes lap Swim	Water Fitness & 3 Lanes lap Swim	Water Fitness & 3 Lanes lap Swim	Water Fitness & 3 Lanes lap Swim	Open Swim/ Makos 7:00am-9:00am/Water Fitness @ 9am	
11:30 PM - 1:00 PM	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/Open Swim	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	Open Swim	
1:00 PM – 3:30 PM	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	4-5 lanes lap swim/ Open Swim	Open Swim **Pool Closed 3:30**	Open Swim
3:30 PM – 4:30 PM	3-4 lanes lap swim/ Open Swim	3-4 lanes lap swim/ Swim Lessons	3-4 lanes lap swim/ Open Swim	3-4 lanes lap swim/ Swim Lessons	5-6 lanes lap swim / Open Swim		Open Swim
4:30 PM - 5:30 PM	Makos Swim Team ***NO OPEN LANES**	Makos Swim Team/Swim Lessons ***NO OPEN LANES**	Makos Swim Team ***NO OPEN LANES**	Makos Swim Team/Swim Lessons ***NO OPEN LANES**	Makos Swim Team ***I lane lap swim**		Open Swim **Pool Closed 5:30 pm**
5:30 PM - 7:00 PM	**Makos Swim Team** 1 lane lap swim	**Makos Swim Team/Swim Lessons** 1 lane lap swim	**Makos Swim Team** 1 lane available	**Makos Swim Team/Swim Lessons** 1 lane lap swim	**Makos Swim Team** Open Swim		
7:00-7:30	**Makos Swim Team** 3-4 lanes	**Makos Swim Team** 3-4 lanes	**Makos Swim Team** 3-4 lanes	**Makos Swim Team** 3-4 lanes	**Makos Swim Team** 3-4 lanes		