



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Large Pool Schedule – November 2022

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 may be used for swim testing purposes!)
 T.L. Hanna and Westside will finish practicing the first week of October.

	<u>MONDAY</u> Pool Open 5:30am	<u>TUESDAY</u> Pool Open 5:30am	<u>WEDNESDAY</u> Pool Open 5:30am	<u>THURSDAY</u> Pool Open 5:30am	<u>FRIDAY</u> Pool Open 5:30am	<u>SATURDAY</u> Pool Open 7:15am	<u>SUNDAY</u> Pool Open 1:15pm
5:30 AM - 8:00 AM	Makos Swim Team (5:30-6:45a)/ Lap swim & Open Swim	Lap swim & Open Swim	Makos Swim Team (5:30-6:45a)/ Lap swim & Open Swim	Lap swim & Open Swim	Makos Swim Team (5:30-6:45a)/ Lap swim & Open Swim	Makos Swim Team (7-9a)/Lap Swim	
8:00 AM - 11:00 AM	Water Fitness/ 4 Lanes lap Swim	Water Fitness/ 4 Lanes lap Swim	Water Fitness/ 4 Lanes lap Swim	Water Fitness/ 4 Lanes lap Swim	Water Fitness/ 4 Lanes lap Swim	Makos Swim Team (7-9a)/ Water Fitness @ 9/ Lap Swim	
11:00 AM - 1:00 PM	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	
1:00 PM - 3:30 PM	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim
3:30 PM - 4:30 PM	5-6 lanes lap swim/ Swim Lessons	5-6 lanes lap swim/ Swim Lessons	5-6 lanes lap swim/ Swim Lessons	5-6 lanes lap swim/ Swim Lessons	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim
4:30 PM - 5:30 PM	Makos Swim Team *NO OPEN LANES	Swim Lessons/Makos Swim Team *NO OPEN LANES	Makos Swim Team *NO OPEN LANES	Swim Lessons/Makos Swim Team *NO OPEN LANES	Makos Swim Team *1 lane lap swim	Open Swim Pool Closed at 5:30	Open Swim Pool Closed 5:30 pm
5:30 PM - 7:30 PM	Makos Swim Team 1 lane lap swim	Makos Swim Team/Swim Lessons 1 lane lap swim	Makos Swim Team 1 lane lap swim	Makos Swim Team/Swim Lessons 1 lane lap swim	Makos Swim Team 2-3 lap lanes		
7:30-8:30	7-8 Lanes Lap Swim	7-8 Lanes Lap Swim	7-8 Lanes Lap Swim	7-8 Lanes Lap Swim			