



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

## Large Pool Schedule – March 2023

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 is used for swim tests.)

	<b>MONDAY</b> Pool Open 5:30am	<b>TUESDAY</b> Pool Open 5:30am	<b>WEDNESDAY</b> Pool Open 5:30am	<b>THURSDAY</b> Pool Open 5:30am	<b>FRIDAY</b> Pool Open 5:30am	<b>SATURDAY</b> Pool Open 7:15am	<b>SUNDAY</b> Pool Open 1:15pm
<b>5:30 AM</b> – <b>8:00 AM</b>	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	Lap swim & Open Swim	
<b>8:00 AM</b> – <b>11:00 AM</b>	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	Water Fitness @ 9/ Lap Swim	
<b>11:00 AM</b> – <b>1:00 PM</b>	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	
<b>1:00 PM</b> – <b>3:30 PM</b>	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
<b>3:30 PM</b> – <b>4:30 PM</b>	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
<b>4:30 PM</b> – <b>5:30 PM</b>	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 pm	Open Swim Pool Closed at 5:30 pm
<b>5:30 PM</b> – <b>7:30 PM</b>	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		
<b>7:30 PM</b> – <b>8:30 PM</b>	Special Olympics (7p–8p) 5–6 Lanes Lap Swim	7–8 Lanes Lap Swim	7–8 Lanes Lap Swim	7–8 Lanes Lap Swim			