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**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# Large Pool Schedule – May 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.)

	<u>MONDAY</u> Pool Open 5:30am	<u>TUESDAY</u> Pool Open 5:30am	<u>WEDNESD</u> <u>AY</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
<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	Makos Swim Team/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	Makos Swim Team/ 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 *I lane lap swim	Open Swim <b>Pool Closed at 5:30 pm</b>	Open Swim <b>Pool Closed at 5:30 pm</b>
<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 through May 8 (7p-8p)/ 4-5 Lanes Lap Swim	7-8 Lanes Lap Swim	7-8 Lanes Lap Swim	7-8 Lanes Lap Swim			