

# INDOOR POOL SCHEDULE

|          | Monday                                       | Tuesday                                       | Wednesday                                    | Thursday                                      | Friday                                       | Saturday                                      | Sunday                        |
|----------|--|---|--|---|--|---|-------------------------------|
| 5:30 AM  | Lap Swim<br>5:30 am - 8 am<br>4 Lanes        | Lap Swim<br>5:30 am - 8:45 am<br>4 Lanes      | Lap Swim<br>5:30 am - 8 am<br>4 Lanes        | Lap Swim<br>5:30 am - 8:45 am<br>4 Lanes      | Lap Swim<br>5:30 am - 8 am<br>4 Lanes        |   |                               |
| 8:00 AM  | <b>Water Duo</b><br>8 - 8:45 am<br>1 lane    |   | <b>Water Duo</b><br>8 - 8:45 am<br>1 lane    |   | <b>Water Duo</b><br>8 - 8:45 am<br>1 lane    | Lap Swim<br>8 - 9:30 am<br>4 lanes            |                               |
| 8:45 AM  |  | <b>Power Water</b>                            |  | <b>Power Water</b>                            |  |   |                               |
| 9:00 AM  | <b>Aqua Sculpt</b><br>9 - 9:45 am<br>No lane | 8:45 - 9:45 am<br>1 lane                      | <b>Aqua Sculpt</b><br>9 - 9:45 am<br>No lane | 8:45 - 9:45 am<br>1 lane                      | <b>Aqua Sculpt</b><br>9 - 9:45 am<br>No lane |   |                               |
| 9:30 AM  |  |   |  |   |  | <b>Power Water</b>                            |                               |
| 9:45 AM  |  | Open/Family Swim                              |  | Open/Family Swim                              |  | 9:30 - 10:30 am<br>1 lane                     |                               |
| 10:00 AM | <b>Twinges in Hinges</b>                     | 9:45 am - 4:15 pm                             | <b>Twinges in Hinges</b>                     | 9:45 am - 4:15 pm                             | <b>Twinges in Hinges</b>                     |   |                               |
| 10:30 AM | 10 - 10:45 am<br>No lane                     | 1 - 2 lanes                                   | 10 - 10:45 am<br>No lane                     | 1 - 2 lanes                                   | 10 - 10:45 am<br>No lane                     | <b>PYSCES practice</b><br>12 - 1 pm<br>1 lane |                               |
| 11:00 AM | Open/Family Swim                             |   | Open/Family Swim                             |   | Open/Family Swim                             |   |                               |
| 12 Noon  | 11 am - 6:30 pm                              |   | 11 am - 7 pm                                 |   | 11 am - 4:15 pm                              | Family Swim                                   |                               |
| 1:30 PM  | 1 - 2 lanes                                  |   | 1 - 2 lanes                                  |   | 1 - 2 lanes                                  | 1 - 5:45 pm                                   | Family Swim                   |
| 4:15 PM  |  | <b>FAST Swim Team</b><br>Practice             |  | <b>FAST Swim Team</b><br>Practice             | <b>FAST Swim Team</b><br>Practice            | 1 - 2 lanes                                   | 1:30 - 5:45 pm<br>1 - 2 lanes |
| 6:15 PM  |  | 4:15 - 6:15 pm<br>1 lane                      |  | 4:15 - 6:15 pm<br>1 lane                      | 4:15 - 6:15 pm<br>1 lane                     |   |                               |
| 6:30 PM  | <b>PYSCES practice</b>                       | <b>Aqua Zumba</b>                             |  | <b>PYSCES practice</b>                        | Pool closes at 6:45                          |   |                               |
| 7:15 PM  | 6:30 - 7:30 pm<br>1 lane                     | 6:30 - 7:30 pm<br>1 lane                      | Palmetto St. Team<br>7 - 7:45 pm<br>1 lane   | 6:30 - 7:30 pm<br>1 lane                      | Palmetto St. Team<br>7:00 PM                 |   |                               |
| 7:30 PM  | Palmetto St. Team<br>7:30 - 7:45<br>1 lane   | Palmetto St. Team<br>7:30 - 7:45 pm<br>1 lane |  | Palmetto St. Team<br>7:30 - 7:45 pm<br>1 lane |  |   |                               |

January 11 - 17, 2021

Whether there are **1 - 2 lanes** is dependent upon the number of people in the pool at the time. Guards will put in a second lane if they are able.

**Open and/or Family Swim** times indicate when children may swim according to the Safety Swim Test Procedures.