

Pool Schedule

Jan 19-Jan 25

Time	Monday 20-Jan	Tuesday 21-Jan	Wednesday 22-Jan		Thursday 23-Jan	Friday 24-Jan
5:00 - 6:25a	Masters / Lap Swim/ Water Walking	Masters / Lap Swim/ Water Walking	Masters / Lap Swim/ Water Walking		Masters / Lap Swim/ Water Walking	Masters / Lap Swim/ Water Walking
6:30 - 7:25a	Aqua Fitness/ Water Walking	Aqua Fitness/ Water Walking	Aqua Fitness/ Water Walking		Aqua Fitness/ Water Walking	Aqua Fitness/ Water Walking
7:30 - 9:00a	Lap Swim / Water Walking	Lap Swim / Water Walking	Lap Swim / Water Walking		Lap Swim / Water Walking	Lap Swim / Water Walking
9:00 - 9:55a	Aqua Fitness / Lap Swim/ Independent Deep-End Only	Aqua Fitness / Lap Swim (DEEP END CLOSED)	Aqua Fitness / Lap Swim/ Independent Deep-End Only		Aqua Fitness / Lap Swim (DEEP END CLOSED)	Aqua Fitness / Lap Swim/ Independent Deep-End Only
10:00-10:30a	Aqua Gold / Lap Swim/ Independent Deep-End Only	Aqua Gold / Lap Swim/ Independent Deep-End Only	Lap Swim	Aqua Gold / Lap Swim/ Independent Deep-End Only	Aqua Gold / Lap Swim/ Independent Deep-End Only	Aqua Gold / Lap Swim/ Independent Deep-End Only
10:30-11:00a			RPA Lessons			
11:00-11:30p	Lap Swim / Water Walking	Lap Swim / Water Walking	Lap Swim	Water Walking	Lap Swim / Water Walking	Lap Swim / Water Walking
11:30 - 12:00p						
12:00-12:30p	School Programs	School Programs	School Programs		School Programs	School Programs
12:05 - 1:00p	No School Rec				School Programs	School Programs
2:40 - 3:50p	RHS Swimming	RHS Swimming	RHS Swimming		RHS Swimming	RHS Swimming
3:50 - 5:00p	RVHS Swimming	RVHS Swimming	RVHS Swimming		RVHS Swimming	RVHS Swimming
5:00 - 6:00p	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	Swim Lessons
6:00 - 7:30p	RACE	RACE	RACE		RACE	RACE
7:35- 8:30p	Lap Swim / Aqua Fitness	Lap Swim / Aqua Fitness	Lap Swim / Aqua Fitness		Lap Swim / Aqua Fitness	Lap Swim
8:40- 9:40p	Recreation Swim	Recreation Swim	Recreation Swim		Juke Box Family Recreation Swim	Recreation Swim
Sunday Swim Schedule (Jan 19)				Saturday Swim Schedule (Jan 25)		
9:00 - 11:00a	Pool Rentals			7:00a - 9:00a	RACE Practice (3lanes)	
11:00 - 12:45p	Lap Swim / Water Walking			8:00a - 10:00a	Lap Swim (3 lanes)	
1:00 - 3:30p	Recreation Swim			9:00a - 9:55a	Aqua Fitness	
3:30 - 5:30p	Pool Rentals			10:00-11:00a	Tether water running	
				11:00a- 1:00p	Pool Rentals	
Lap swim and Water Walking lanes may vary depending on attendance number. During Lap swim please circle swim when there are 3+ swimmers in a lane.				1:00p - 3:30p	Recreation Swim	
				3:45p - 5:30p	Lap Swim	
				5:30p - 7:30p	Pool Rentals	
*Please note changes to the pool schedule, highlighted in grey *						