

# Pool Schedule

Jan 26-Feb 1

Time	Monday 27-Jan	Tuesday 28-Jan	Wednesday 29-Jan		Thursday 30-Jan	Friday 31-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/ <b>Independent Deep-End Only</b>	Aqua Fitness / Lap Swim <b>(DEEP END CLOSED)</b>	Aqua Fitness / Lap Swim/ <b>Independent Deep-End Only</b>		Aqua Fitness / Lap Swim <b>(DEEP END CLOSED)</b>	Aqua Fitness / Lap Swim/ <b>Independent Deep-End Only</b>	
10:00-10:30a	Aqua Gold / Lap Swim/ <b>Independent Deep-End Only</b>	Aqua Gold / Lap Swim/ <b>Independent Deep-End Only</b>	Lap Swim	Aqua Gold / Lap Swim/ <b>Independent Deep-End Only</b>	Aqua Gold / Lap Swim/ <b>Independent Deep-End Only</b>	Aqua Gold / Lap Swim/ <b>Independent Deep-End Only</b>	
10:30-11:00a			RPA				
11:00-11:30p			Lessons				Water Walking
11:30 - 12:00p				Lap Swim			
12:00-12:30p							
12:05 - 2:40p			School Programs	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 26)				Saturday Swim Schedule (Feb 1)			
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	Get Your Feet Wet	
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 *							