

Indoor Lap Lane Schedule - Fall 2023

	1	2	3	4	5	6
Sunday						
Monday	6 am - 7:30 am (Adult Swim Club) 9:15 am - 10:45 am (WGF) 4 pm - 6:30 pm (SL)	6 am - 7:30 am (Adult Swim Club) 9:15 - 10:45 am (WGF) 4 pm -5:30 pm (SL)	9:15 am - 10:45 am (WGF) 4 pm - 6 pm (SL)		9:30 am - 10:15 am (SL)	9:30 am - 10:15 am (SL)
Tuesday	4 pm - 7 pm (SL / SC)	4 pm - 7 pm (SL / SC)			9:30 am - 10:15 am (SL)	9:30 am - 10:15 am (SL) 4 pm - 6:30 pm (SL)
Wednesday	6 am - 7:30 am (Adult Swim Club) 9:15 am - 10:45 am (WGF) 4 pm - 6:30 pm (SL)	6 am - 7:30 am (Adult Swim Club) 9:15 - 10:45 am (WGF) 4 pm -5:30 pm (SL)	9:15 am - 10:45 am (WGF)		9:30 am - 10:15 am (SL)	9:30 am - 10:15 am (SL) 4 pm - 6 pm (SL)
Thursday	9 am - 11:15 am (Morgan's Group) 4 pm - 7 pm (SL / SC)	9 am - 11:15 am (Morgan's Group) 4 pm - 7 pm (SL / SC)			9:30 am - 10:15 am (SL)	9:30 am - 10:15 am (SL) 4 pm - 6:30 pm (SL)
Friday	6 am - 7:30 am (Adult Swim Club) 9:15 am - 10:45 am (WGF) 5 pm - 7 pm (SL)	6 am - 7:30 am (Adult Swim Club) 9:15 - 10:45 am (WGF) 5 pm - 7 pm (SL)	9:15 am - 10:45 am (WGF)			
Saturday				9 am - 10:30 am (SL)	9 am - 10:30 am (SL)	9 am -10:30 am (SL)

SL = Swim Lessons SC = Swim Club WGF = Water Group Fitness

*At any time, a swim lesson instructor may reserve a lane with 15 minutes notice for lessons. 3 lanes are always available for lap swimming but lane assignments are fluid and are subject to change without notice.
*Private Lessons are not on this schedule