

January Pool Schedule

Tuesday, January 1

Time	Lane	Activity	Description
7:15am-9:55am	Lane 1	Lap Swim	Speed
7:15am-9:55am	Lane 2	Lap Swim	Moderate
7:15am-9:55am	Lane 3	Lap Swim	Slow
7:15am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	MashUp
9:55am-11:00am	Lane 2	Class	MashUp
9:55am-11:00am	Lane 3	Class	MashUp
9:55am-11:00am	Aqua Therapy	Class	MashUp
11:00am-1:45pm	Lane 1	Lap Swim	Speed
11:00am-1:45pm	Lane 2	Lap Swim	Moderate
11:00am-1:45pm	Lane 3	Lap Swim	Slow
11:00am-1:45pm	Aqua Therapy	Open	Walking

Wednesday, January 2

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-11:00am	Lane 1	Lap Swim	Speed
10:00am-11:00am	Lane 2	Lap Swim	Moderate
10:00am-11:00am	Lane 3	Lap Swim	Slow
10:00am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Therapy	Private
11:00am-12:00pm	Aqua Therapy	Therapy	Private
12:00pm-8:45pm	Lane 1	Lap Swim	Speed
12:00pm-8:45pm	Lane 2	Lap Swim	Moderate
12:00pm-8:45pm	Lane 3	Lap Swim	Slow
12:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 3

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking

Thursday, January 3 CONTINUED

Time	Lane	Activity	Description
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lap Swim	Slow
9:00am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	S'Wet Bar
9:55am-11:00am	Lane 2	Lap Swim	Moderate
9:55am-11:00am	Lane 3	Lap Swim	Slow
9:55am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	**POOL CLOSED FOR CLEANING**		
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-5:55pm	Lane 1	Lap Swim	Speed
3:00pm-5:55pm	Lane 2	Lap Swim	Moderate
3:00pm-5:55pm	Lane 3	Lap Swim	Slow
3:00pm-5:55pm	Aqua Therapy	Open	Walking
5:55pm-7:00pm	Lane 1	Lap Swim	Speed
5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:45pm	Lane 1	Lap Swim	Speed
7:00pm-8:45pm	Lane 2	Lap Swim	Moderate
7:00pm-8:45pm	Lane 3	Lap Swim	Slow
7:00pm-8:45pm	Aqua Therapy	Open	Walking

Friday, January 4

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Lap Swim	ALL
8:55am-10:00am	Lane 2	Class	Aqua Sculpt
8:55am-10:00am	Lane 3	Class	Aqua Sculpt
8:55am-10:00am	Aqua Therapy	Class	Aqua Sculpt

Friday, January 4 CONTINUED

Time	Lane	Activity	Description
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	B'Nai
10:00am-10:30am	Aqua Therapy	Lessons	B'Nai
10:30am-12:00pm	Lane 1	Lap Swim	Speed
10:30am-12:00pm	Lane 2	Lap Swim	Moderate
10:30am-12:00pm	Lane 3	Private	Therapy
10:30am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-7:45pm	Lane 1	Lap Swim	Speed
3:00pm-7:45pm	Lane 2	Lap Swim	Moderate
3:00pm-7:45pm	Lane 3	Lap Swim	Slow
3:00pm-7:45pm	Aqua Therapy	Open	Walking

Saturday, January 5

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	ALL
7:15am-8:30am	Lane 2	Class	Aqua Sculpt
7:15am-8:30am	Lane 3	Class	Aqua Sculpt
7:15am-8:30am	Aqua Therapy	Class	Aqua Sculpt
8:30am-12:00pm	Lane 1	Lap Swim	Speed
8:30am-12:00pm	Lane 2	Lap Swim	Moderate
8:30am-12:00pm	Lane 3	Lessons	Dede
8:30am-12:00pm	Aqua Therapy	Lessons	Dede
12:00pm-12:45pm	Lane 1	Lap Swim	ALL
12:00pm-12:45pm	Lane 2	Lessons	Dede
12:00pm-12:45pm	Lane 3	Lessons	Dede
12:00pm-12:45pm	Aqua Therapy	Lessons	Dede
12:45pm-2:45pm	Lane 1	Lap Swim	Speed
12:45pm-2:45pm	Lane 2	Lap Swim	Moderate
12:45pm-2:45pm	Lane 3	Lessons	Dede
12:45pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-5:15pm	Lane 1	Lap Swim	Speed
2:45pm-5:15pm	Lane 2	Lap Swim	Moderate
2:45pm-5:15pm	Lane 3	Lap Swim	Slow
2:45pm-5:15pm	Aqua Therapy	Open	Walking

Sunday, January 6

Time	Lane	Activity	Description
7:15am-5:15pm	Lane 1	Lap Swim	Speed
7:15am-5:15pm	Lane 2	Lap Swim	Moderate
7:15am-5:15pm	Lane 3	Lap Swim	Slow
7:15am-5:15pm	Aqua Therapy	Open	Walking

Monday, January 7

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	Harriet
10:00am-10:30am	Aqua Therapy	Lessons	Harriet
10:30am-11:00am	Lane 1	Lap Swim	Speed
10:30am-11:00am	Lane 2	Lap Swim	Moderate
10:30am-11:00am	Lane 3	Lap Swim	Slow
10:30am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Private	Therapy
11:00am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-2:15pm	Lane 1	Lap Swim	Speed
12:00pm-2:15pm	Lane 2	Lap Swim	Moderate
12:00pm-2:15pm	Lane 3	Lessons	Dede
12:00pm-2:15pm	Aqua Therapy	Lessons	Dede
2:15pm-2:45pm	Lane 1	Lessons	Harriet
2:15pm-2:45pm	Lane 2	Lap Swim	Moderate
2:15pm-2:45pm	Lane 3	Lessons	Dede
2:15pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-4:00pm	Lane 1	Lap Swim	Speed
2:45pm-4:00pm	Lane 2	Lap Swim	Moderate
2:45pm-4:00pm	Lane 3	Lessons	Dede
2:45pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:30pm	Lane 1	Lessons	Harriet
4:00pm-5:30pm	Lane 2	Lap Swim	Moderate
4:00pm-5:30pm	Lane 3	Lessons	Dede
4:00pm-5:30pm	Aqua Therapy	Lessons	Dede

Monday, January 7 CONTINUED

Time	Lane	Activity	Description
5:30pm-6:00pm	Lane 1	Lap Swim	Speed
5:30pm-6:00pm	Lane 2	Lap Swim	Moderate
5:30pm-6:00pm	Lane 3	Lessons	Dede
5:30pm-6:00pm	Aqua Therapy	Lessons	Dede
6:00pm-7:30pm	Lane 1	Lap Swim	ALL
6:00pm-7:30pm	Lane 2	Lessons	Dede
6:00pm-7:30pm	Lane 3	Lessons	Dede
6:00pm-7:30pm	Aqua Therapy	Lessons	Dede
7:30pm-8:00pm	Lane 1	Lap Swim	Speed
7:30pm-8:00pm	Lane 2	Lap Swim	Moderate
7:30pm-8:00pm	Lane 3	Lessons	Dede
7:30pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, January 8

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lessons	Harriet
9:00am-9:55am	Aqua Therapy	Lessons	Harriet
9:55am-11:00am	Lane 1	Class	MashUp
9:55am-11:00am	Lane 2	Class	MashUp
9:55am-11:00am	Lane 3	Class	MashUp
9:55am-11:00am	Aqua Therapy	Class	MashUp
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Lap Swim	Slow
11:00am-12:00pm	Aqua Therapy	Open	Walking
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lessons	Dede
12:00pm-1:00pm	Aqua Therapy	Lessons	Dede

Tuesday, January 8 CONTINUED

Time	Lane	Activity	Description
1:00pm-2:00pm	Lane 1	Lessons	Dede
1:00pm-2:00pm	Lane 2	Lap Swim	ALL
1:00pm-2:00pm	Lane 3	Private	Therapy
1:00pm-2:00pm	Aqua Therapy	Private	Therapy
2:00pm-4:00pm	Lane 1	Lap Swim	Speed
2:00pm-4:00pm	Lane 2	Lap Swim	Moderate
2:00pm-4:00pm	Lane 3	Lessons	Dede
2:00pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:55pm	Lane 1	Lessons	Harriet
4:00pm-5:55pm	Lane 2	Lap Swim	ALL
4:00pm-5:55pm	Lane 3	Lessons	Dede
4:00pm-5:55pm	Aqua Therapy	Lessons	Dede
5:55pm-7:00pm	Lane 1	Lessons	Dede
5:55pm-7:00pm	Lane 2	Lap Swim	ALL
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:00pm	Lane 1	Lap Swim	Speed
7:00pm-8:00pm	Lane 2	Lap Swim	Moderate
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Wednesday, January 9

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-11:00am	Lane 1	Lap Swim	Speed
10:00am-11:00am	Lane 2	Lap Swim	Moderate
10:00am-11:00am	Lane 3	Lap Swim	Slow
10:00am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Therapy	Private
11:00am-12:00pm	Aqua Therapy	Therapy	Private

Wednesday, January 9 CONTINUED

Time	Lane	Activity	Description
12:00pm-6:00pm	Lane 1	Lap Swim	Speed
12:00pm-6:00pm	Lane 2	Lap Swim	Moderate
12:00pm-6:00pm	Lane 3	Lessons	Dede
12:00pm-6:00pm	Aqua Therapy	Lessons	Dede
6:00pm-7:00pm	Lane 1	Lap Swim	Speed
6:00pm-7:00pm	Lane 2	Lap Swim	Moderate
6:00pm-7:00pm	Lane 3	Lessons	Dede
6:00pm-7:00pm	Aqua Therapy	Lessons	Dede
7:00pm-8:00pm	Lane 1	Lap Swim	ALL
7:00pm-8:00pm	Lane 2	Lessons	Dede
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 10

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lap Swim	Slow
9:00am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	S'Wet Bar
9:55am-11:00am	Lane 2	Lap Swim	Moderate
9:55am-11:00am	Lane 3	Lap Swim	Slow
9:55am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	**POOL CLOSED FOR CLEANING**		
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking

Thursday, January 10 CONTINUED

Time	Lane	Activity	Description
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-5:55pm	Lane 1	Lap Swim	Speed
3:00pm-5:55pm	Lane 2	Lap Swim	Moderate
3:00pm-5:55pm	Lane 3	Lap Swim	Slow
3:00pm-5:55pm	Aqua Therapy	Open	Walking
5:55pm-7:00pm	Lane 1	Lap Swim	Speed
5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:45pm	Lane 1	Lap Swim	Speed
7:00pm-8:45pm	Lane 2	Lap Swim	Moderate
7:00pm-8:45pm	Lane 3	Lap Swim	Slow
7:00pm-8:45pm	Aqua Therapy	Open	Walking

Friday, January 11

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Lap Swim	ALL
8:55am-10:00am	Lane 2	Class	Aqua Sculpt
8:55am-10:00am	Lane 3	Class	Aqua Sculpt
8:55am-10:00am	Aqua Therapy	Class	Aqua Sculpt
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	B'Nai
10:00am-10:30am	Aqua Therapy	Lessons	B'Nai
10:30am-12:00pm	Lane 1	Lap Swim	Speed
10:30am-12:00pm	Lane 2	Lap Swim	Moderate
10:30am-12:00pm	Lane 3	Private	Therapy
10:30am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy

Friday, January 11 CONTINUED

Time	Lane	Activity	Description
3:00pm-7:45pm	Lane 1	Lap Swim	Speed
3:00pm-7:45pm	Lane 2	Lap Swim	Moderate
3:00pm-7:45pm	Lane 3	Lap Swim	Slow
3:00pm-7:45pm	Aqua Therapy	Open	Walking

Saturday, January 12

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	ALL
7:15am-8:30am	Lane 2	Class	Aqua Sculpt
7:15am-8:30am	Lane 3	Class	Aqua Sculpt
7:15am-8:30am	Aqua Therapy	Class	Aqua Sculpt
8:30am-12:00pm	Lane 1	Lap Swim	Speed
8:30am-12:00pm	Lane 2	Lap Swim	Moderate
8:30am-12:00pm	Lane 3	Lessons	Dede
8:30am-12:00pm	Aqua Therapy	Lessons	Dede
12:00pm-12:45pm	Lane 1	Lap Swim	ALL
12:00pm-12:45pm	Lane 2	Lessons	Dede
12:00pm-12:45pm	Lane 3	Lessons	Dede
12:00pm-12:45pm	Aqua Therapy	Lessons	Dede
12:45pm-2:45pm	Lane 1	Lap Swim	Speed
12:45pm-2:45pm	Lane 2	Lap Swim	Moderate
12:45pm-2:45pm	Lane 3	Lessons	Dede
12:45pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-5:15pm	Lane 1	Lap Swim	Speed
2:45pm-5:15pm	Lane 2	Lap Swim	Moderate
2:45pm-5:15pm	Lane 3	Lap Swim	Slow
2:45pm-5:15pm	Aqua Therapy	Open	Walking

Sunday, January 13

Time	Lane	Activity	Description
7:15am-5:15pm	Lane 1	Lap Swim	Speed
7:15am-5:15pm	Lane 2	Lap Swim	Moderate
7:15am-5:15pm	Lane 3	Lap Swim	Slow
7:15am-5:15pm	Aqua Therapy	Open	Walking

Monday, January 14

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt

Monday, January 14 CONTINUED

Time	Lane	Activity	Description
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	Harriet
10:00am-10:30am	Aqua Therapy	Lessons	Harriet
10:30am-11:00am	Lane 1	Lap Swim	Speed
10:30am-11:00am	Lane 2	Lap Swim	Moderate
10:30am-11:00am	Lane 3	Lap Swim	Slow
10:30am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Private	Therapy
11:00am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-2:15pm	Lane 1	Lap Swim	Speed
12:00pm-2:15pm	Lane 2	Lap Swim	Moderate
12:00pm-2:15pm	Lane 3	Lessons	Dede
12:00pm-2:15pm	Aqua Therapy	Lessons	Dede
2:15pm-2:45pm	Lane 1	Lessons	Harriet
2:15pm-2:45pm	Lane 2	Lap Swim	Moderate
2:15pm-2:45pm	Lane 3	Lessons	Dede
2:15pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-4:00pm	Lane 1	Lap Swim	Speed
2:45pm-4:00pm	Lane 2	Lap Swim	Moderate
2:45pm-4:00pm	Lane 3	Lessons	Dede
2:45pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:30pm	Lane 1	Lessons	Harriet
4:00pm-5:30pm	Lane 2	Lap Swim	Moderate
4:00pm-5:30pm	Lane 3	Lessons	Dede
4:00pm-5:30pm	Aqua Therapy	Lessons	Dede
5:30pm-6:00pm	Lane 1	Lap Swim	Speed
5:30pm-6:00pm	Lane 2	Lap Swim	Moderate
5:30pm-6:00pm	Lane 3	Lessons	Dede
5:30pm-6:00pm	Aqua Therapy	Lessons	Dede
6:00pm-7:30pm	Lane 1	Lap Swim	ALL
6:00pm-7:30pm	Lane 2	Lessons	Dede
6:00pm-7:30pm	Lane 3	Lessons	Dede
6:00pm-7:30pm	Aqua Therapy	Lessons	Dede
7:30pm-8:00pm	Lane 1	Lap Swim	Speed
7:30pm-8:00pm	Lane 2	Lap Swim	Moderate
7:30pm-8:00pm	Lane 3	Lessons	Dede
7:30pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, January 15

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lessons	Harriet
9:00am-9:55am	Aqua Therapy	Lessons	Harriet
9:55am-11:00am	Lane 1	Class	MashUp
9:55am-11:00am	Lane 2	Class	MashUp
9:55am-11:00am	Lane 3	Class	MashUp
9:55am-11:00am	Aqua Therapy	Class	MashUp
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Lap Swim	Slow
11:00am-12:00pm	Aqua Therapy	Open	Walking
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lessons	Dede
12:00pm-1:00pm	Aqua Therapy	Lessons	Dede
1:00pm-2:00pm	Lane 1	Lessons	Dede
1:00pm-2:00pm	Lane 2	Lap Swim	ALL
1:00pm-2:00pm	Lane 3	Private	Therapy
1:00pm-2:00pm	Aqua Therapy	Private	Therapy
2:00pm-4:00pm	Lane 1	Lap Swim	Speed
2:00pm-4:00pm	Lane 2	Lap Swim	Moderate
2:00pm-4:00pm	Lane 3	Lessons	Dede
2:00pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:55pm	Lane 1	Lessons	Harriet
4:00pm-5:55pm	Lane 2	Lap Swim	ALL
4:00pm-5:55pm	Lane 3	Lessons	Dede
4:00pm-5:55pm	Aqua Therapy	Lessons	Dede
5:55pm-7:00pm	Lane 1	Lessons	Dede
5:55pm-7:00pm	Lane 2	Lap Swim	ALL
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt

Tuesday, January 15 CONTINUED

Time	Lane	Activity	Description
7:00pm-8:00pm	Lane 1	Lap Swim	Speed
7:00pm-8:00pm	Lane 2	Lap Swim	Moderate
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Wednesday, January 16

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-11:00am	Lane 1	Lap Swim	Speed
10:00am-11:00am	Lane 2	Lap Swim	Moderate
10:00am-11:00am	Lane 3	Lap Swim	Slow
10:00am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Therapy	Private
11:00am-12:00pm	Aqua Therapy	Therapy	Private
12:00pm-3:30pm	Lane 1	Lap Swim	Speed
12:00pm-3:30pm	Lane 2	Lap Swim	Moderate
12:00pm-3:30pm	Lane 3	Lessons	Dede
12:00pm-3:30pm	Aqua Therapy	Lessons	Dede
3:30pm-5:30pm	Lane 1	Lessons	Dede
3:30pm-5:30pm	Lane 2	Lap Swim	ALL
3:30pm-5:30pm	Lane 3	Lessons	The J
3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-7:00pm	Lane 1	Lap Swim	Speed
5:30pm-7:00pm	Lane 2	Lap Swim	Moderate
5:30pm-7:00pm	Lane 3	Lessons	Dede
5:30pm-7:00pm	Aqua Therapy	Lessons	Dede
7:00pm-8:00pm	Lane 1	Lap Swim	ALL
7:00pm-8:00pm	Lane 2	Lessons	Dede
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede

Wednesday, January 16 CONTINUED

Time	Lane	Activity	Description
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 17

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lap Swim	Slow
9:00am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	S'Wet Bar
9:55am-11:00am	Lane 2	Lap Swim	Moderate
9:55am-11:00am	Lane 3	Lap Swim	Slow
9:55am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	**POOL CLOSED FOR CLEANING**		
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-4:00pm	Lane 1	Lap Swim	Speed
3:00pm-4:00pm	Lane 2	Lap Swim	Moderate
3:00pm-4:00pm	Lane 3	Lap Swim	Slow
3:00pm-4:00pm	Aqua Therapy	Open	Walking
4:00pm-5:55pm	Lane 1	Lap Swim	Speed
4:00pm-5:55pm	Lane 2	Lap Swim	Moderate
4:00pm-5:55pm	Lane 3	Lessons	The J
4:00pm-5:55pm	Aqua Therapy	Lessons	The J
5:55pm-7:00pm	Lane 1	Lap Swim	Speed
5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt

Thursday, January 17 CONTINUED

Time	Lane	Activity	Description
7:00pm-8:45pm	Lane 1	Lap Swim	Speed
7:00pm-8:45pm	Lane 2	Lap Swim	Moderate
7:00pm-8:45pm	Lane 3	Lap Swim	Slow
7:00pm-8:45pm	Aqua Therapy	Open	Walking

Friday, January 18

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Lap Swim	ALL
8:55am-10:00am	Lane 2	Class	Aqua Sculpt
8:55am-10:00am	Lane 3	Class	Aqua Sculpt
8:55am-10:00am	Aqua Therapy	Class	Aqua Sculpt
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	B'Nai
10:00am-10:30am	Aqua Therapy	Lessons	B'Nai
10:30am-12:00pm	Lane 1	Lap Swim	Speed
10:30am-12:00pm	Lane 2	Lap Swim	Moderate
10:30am-12:00pm	Lane 3	Private	Therapy
10:30am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-3:30pm	Lane 1	Lap Swim	Speed
3:00pm-3:30pm	Lane 2	Lap Swim	Moderate
3:00pm-3:30pm	Lane 3	Lap Swim	Slow
3:00pm-3:30pm	Aqua Therapy	Open	Walking
3:30pm-5:30pm	Lane 1	Lap Swim	Speed
3:30pm-5:30pm	Lane 2	Lap Swim	Moderate
3:30pm-5:30pm	Lane 3	Lessons	The J
3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-7:45pm	Lane 1	Lap Swim	Speed
5:30pm-7:45pm	Lane 2	Lap Swim	Moderate
5:30pm-7:45pm	Lane 3	Lap Swim	Slow
5:30pm-7:45pm	Aqua Therapy	Open	Walking

Saturday, January 19

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	ALL
7:15am-8:30am	Lane 2	Class	Aqua Sculpt
7:15am-8:30am	Lane 3	Class	Aqua Sculpt
7:15am-8:30am	Aqua Therapy	Class	Aqua Sculpt
8:30am-9:00am	Lane 1	Lap Swim	Speed
8:30am-9:00am	Lane 2	Lap Swim	Moderate
8:30am-9:00am	Lane 3	Lap Swim	Slow
8:30am-9:00am	Aqua Therapy	Open	Walking
9:00am-12:00pm	Lane 1	Lap Swim	Speed
9:00am-12:00pm	Lane 2	Lap Swim	Moderate
9:00am-12:00pm	Lane 3	Lessons	The J
9:00am-12:00pm	Aqua Therapy	Lessons	The J
12:00pm-5:15pm	Lane 1	Lap Swim	Speed
12:00pm-5:15pm	Lane 2	Lap Swim	Moderate
12:00pm-5:15pm	Lane 3	Lap Swim	Slow
12:00pm-5:15pm	Aqua Therapy	Open	Walking

Sunday, January 20

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	Speed
7:15am-8:30am	Lane 2	Lap Swim	Moderate
7:15am-8:30am	Lane 3	Lap Swim	Slow
7:15am-8:30am	Aqua Therapy	Open	Walking
8:30am-3:00pm	Lane 1	Lap Swim	Speed
8:30am-3:00pm	Lane 2	Lap Swim	Moderate
8:30am-3:00pm	Lane 3	Lessons	The J
8:30am-3:00pm	Aqua Therapy	Lessons	The J
3:00pm-5:15pm	Lane 1	Lap Swim	Speed
3:00pm-5:15pm	Lane 2	Lap Swim	Moderate
3:00pm-5:15pm	Lane 3	Lap Swim	Slow
3:00pm-5:15pm	Aqua Therapy	Open	Walking

Monday, January 21

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt

Monday, January 21 CONTINUED

Time	Lane	Activity	Description
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	Harriet
10:00am-10:30am	Aqua Therapy	Lessons	Harriet
10:30am-11:00am	Lane 1	Lap Swim	Speed
10:30am-11:00am	Lane 2	Lap Swim	Moderate
10:30am-11:00am	Lane 3	Lap Swim	Slow
10:30am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Private	Therapy
11:00am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-2:15pm	Lane 1	Lap Swim	Speed
12:00pm-2:15pm	Lane 2	Lap Swim	Moderate
12:00pm-2:15pm	Lane 3	Lap Swim	Slow
12:00pm-2:15pm	Aqua Therapy	Open	Walking
2:15pm-2:45pm	Lane 1	Lap Swim	Speed
2:15pm-2:45pm	Lane 2	Lap Swim	Moderate
2:15pm-2:45pm	Lane 3	Lessons	Harriet
2:15pm-2:45pm	Aqua Therapy	Lessons	Harriet
2:45pm-4:00pm	Lane 1	Lap Swim	Speed
2:45pm-4:00pm	Lane 2	Lap Swim	Moderate
2:45pm-4:00pm	Lane 3	Lap Swim	Slow
2:45pm-4:00pm	Aqua Therapy	Open	Walking
4:00pm-5:30pm	Lane 1	Lap Swim	Speed
4:00pm-5:30pm	Lane 2	Lap Swim	Moderate
4:00pm-5:30pm	Lane 3	Lessons	Harriet
4:00pm-5:30pm	Aqua Therapy	Lessons	Harriet
5:30pm-8:45pm	Lane 1	Lap Swim	Speed
5:30pm-8:45pm	Lane 2	Lap Swim	Moderate
5:30pm-8:45pm	Lane 3	Lap Swim	Slow
5:30pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, January 22

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking

Tuesday, January 22 CONTINUED

Time	Lane	Activity	Description
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lessons	Harriet
9:00am-9:55am	Aqua Therapy	Lessons	Harriet
9:55am-11:00am	Lane 1	Class	MashUp
9:55am-11:00am	Lane 2	Class	MashUp
9:55am-11:00am	Lane 3	Class	MashUp
9:55am-11:00am	Aqua Therapy	Class	MashUp
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Lap Swim	Slow
11:00am-12:00pm	Aqua Therapy	Open	Walking
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lessons	Dede
12:00pm-1:00pm	Aqua Therapy	Lessons	Dede
1:00pm-2:00pm	Lane 1	Lessons	Dede
1:00pm-2:00pm	Lane 2	Lap Swim	ALL
1:00pm-2:00pm	Lane 3	Private	Therapy
1:00pm-2:00pm	Aqua Therapy	Private	Therapy
2:00pm-4:00pm	Lane 1	Lap Swim	Speed
2:00pm-4:00pm	Lane 2	Lap Swim	Moderate
2:00pm-4:00pm	Lane 3	Lessons	Dede
2:00pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:55pm	Lane 1	Lessons	Harriet
4:00pm-5:55pm	Lane 2	Lap Swim	ALL
4:00pm-5:55pm	Lane 3	Lessons	Dede
4:00pm-5:55pm	Aqua Therapy	Lessons	Dede
5:55pm-7:00pm	Lane 1	Lessons	Dede
5:55pm-7:00pm	Lane 2	Lap Swim	ALL
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:00pm	Lane 1	Lap Swim	Speed
7:00pm-8:00pm	Lane 2	Lap Swim	Moderate
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede

Tuesday, January 22 CONTINUED

Time	Lane	Activity	Description
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Wednesday, January 23

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-11:00am	Lane 1	Lap Swim	Speed
10:00am-11:00am	Lane 2	Lap Swim	Moderate
10:00am-11:00am	Lane 3	Lap Swim	Slow
10:00am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Therapy	Private
11:00am-12:00pm	Aqua Therapy	Therapy	Private
12:00pm-3:30pm	Lane 1	Lap Swim	Speed
12:00pm-3:30pm	Lane 2	Lap Swim	Moderate
12:00pm-3:30pm	Lane 3	Lessons	Dede
12:00pm-3:30pm	Aqua Therapy	Lessons	Dede
3:30pm-5:30pm	Lane 1	Lessons	Dede
3:30pm-5:30pm	Lane 2	Lap Swim	ALL
3:30pm-5:30pm	Lane 3	Lessons	The J
3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-7:00pm	Lane 1	Lap Swim	Speed
5:30pm-7:00pm	Lane 2	Lap Swim	Moderate
5:30pm-7:00pm	Lane 3	Lessons	Dede
5:30pm-7:00pm	Aqua Therapy	Lessons	Dede
7:00pm-8:00pm	Lane 1	Lap Swim	ALL
7:00pm-8:00pm	Lane 2	Lessons	Dede
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 24

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lap Swim	Slow
9:00am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	S'Wet Bar
9:55am-11:00am	Lane 2	Lap Swim	Moderate
9:55am-11:00am	Lane 3	Lap Swim	Slow
9:55am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	**POOL CLOSED FOR CLEANING**		
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-4:00pm	Lane 1	Lap Swim	Speed
3:00pm-4:00pm	Lane 2	Lap Swim	Moderate
3:00pm-4:00pm	Lane 3	Lap Swim	Slow
3:00pm-4:00pm	Aqua Therapy	Open	Walking
4:00pm-5:55pm	Lane 1	Lap Swim	Speed
4:00pm-5:55pm	Lane 2	Lap Swim	Moderate
4:00pm-5:55pm	Lane 3	Lessons	The J
4:00pm-5:55pm	Aqua Therapy	Lessons	The J
5:55pm-7:00pm	Lane 1	Lap Swim	Speed
5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:45pm	Lane 1	Lap Swim	Speed
7:00pm-8:45pm	Lane 2	Lap Swim	Moderate
7:00pm-8:45pm	Lane 3	Lap Swim	Slow
7:00pm-8:45pm	Aqua Therapy	Open	Walking

Friday, January 25

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Lap Swim	ALL
8:55am-10:00am	Lane 2	Class	Aqua Sculpt
8:55am-10:00am	Lane 3	Class	Aqua Sculpt
8:55am-10:00am	Aqua Therapy	Class	Aqua Sculpt
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	B'Nai
10:00am-10:30am	Aqua Therapy	Lessons	B'Nai
10:30am-12:00pm	Lane 1	Lap Swim	Speed
10:30am-12:00pm	Lane 2	Lap Swim	Moderate
10:30am-12:00pm	Lane 3	Private	Therapy
10:30am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy
3:00pm-3:30pm	Lane 1	Lap Swim	Speed
3:00pm-3:30pm	Lane 2	Lap Swim	Moderate
3:00pm-3:30pm	Lane 3	Lap Swim	Slow
3:00pm-3:30pm	Aqua Therapy	Open	Walking
3:30pm-5:30pm	Lane 1	Lap Swim	Speed
3:30pm-5:30pm	Lane 2	Lap Swim	Moderate
3:30pm-5:30pm	Lane 3	Lessons	The J
3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-7:45pm	Lane 1	Lap Swim	Speed
5:30pm-7:45pm	Lane 2	Lap Swim	Moderate
5:30pm-7:45pm	Lane 3	Lap Swim	Slow
5:30pm-7:45pm	Aqua Therapy	Open	Walking

Saturday, January 26

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	ALL
7:15am-8:30am	Lane 2	Class	Aqua Sculpt
7:15am-8:30am	Lane 3	Class	Aqua Sculpt
7:15am-8:30am	Aqua Therapy	Class	Aqua Sculpt

Saturday, January 26 CONTINUED

Time	Lane	Activity	Description
8:30am-9:00am	Lane 1	Lap Swim	Speed
8:30am-9:00am	Lane 2	Lap Swim	Moderate
8:30am-9:00am	Lane 3	Lessons	Dede
8:30am-9:00am	Aqua Therapy	Lessons	Dede
9:00am-12:00pm	Lane 1	Lessons	Dede
9:00am-12:00pm	Lane 2	Lap Swim	ALL
9:00am-12:00pm	Lane 3	Lessons	The J
9:00am-12:00pm	Aqua Therapy	Lessons	The J
12:00pm-12:45pm	Lane 1	Lap Swim	ALL
12:00pm-12:45pm	Lane 2	Lessons	Dede
12:00pm-12:45pm	Lane 3	Lessons	Dede
12:00pm-12:45pm	Aqua Therapy	Lessons	Dede
12:45pm-2:45pm	Lane 1	Lap Swim	Speed
12:45pm-2:45pm	Lane 2	Lap Swim	Moderate
12:45pm-2:45pm	Lane 3	Lessons	Dede
12:45pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-5:15pm	Lane 1	Lap Swim	Speed
2:45pm-5:15pm	Lane 2	Lap Swim	Moderate
2:45pm-5:15pm	Lane 3	Lap Swim	Slow
2:45pm-5:15pm	Aqua Therapy	Open	Walking

Sunday, January 27

Time	Lane	Activity	Description
7:15am-8:30am	Lane 1	Lap Swim	Speed
7:15am-8:30am	Lane 2	Lap Swim	Moderate
7:15am-8:30am	Lane 3	Lap Swim	Slow
7:15am-8:30am	Aqua Therapy	Open	Walking
8:30am-3:00pm	Lane 1	Lap Swim	Speed
8:30am-3:00pm	Lane 2	Lap Swim	Moderate
8:30am-3:00pm	Lane 3	Lessons	The J
8:30am-3:00pm	Aqua Therapy	Lessons	The J
3:00pm-3:30pm	Lane 1	Lap Swim	Speed
3:00pm-3:30pm	Lane 2	Lap Swim	Moderate
3:00pm-3:30pm	Lane 3	Lap Swim	Slow
3:00pm-3:30pm	Aqua Therapy	Open	Walking
3:30pm-5:15pm	FAMILY OPEN SWIM		
3:30pm-5:15pm			

Monday, January 28

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-10:30am	Lane 1	Lap Swim	Speed
10:00am-10:30am	Lane 2	Lap Swim	Moderate
10:00am-10:30am	Lane 3	Lessons	Harriet
10:00am-10:30am	Aqua Therapy	Lessons	Harriet
10:30am-11:00am	Lane 1	Lap Swim	Speed
10:30am-11:00am	Lane 2	Lap Swim	Moderate
10:30am-11:00am	Lane 3	Lap Swim	Slow
10:30am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Private	Therapy
11:00am-12:00pm	Aqua Therapy	Private	Therapy
12:00pm-2:15pm	Lane 1	Lap Swim	Speed
12:00pm-2:15pm	Lane 2	Lap Swim	Moderate
12:00pm-2:15pm	Lane 3	Lessons	Dede
12:00pm-2:15pm	Aqua Therapy	Lessons	Dede
2:15pm-2:45pm	Lane 1	Lessons	Harriet
2:15pm-2:45pm	Lane 2	Lap Swim	Moderate
2:15pm-2:45pm	Lane 3	Lessons	Dede
2:15pm-2:45pm	Aqua Therapy	Lessons	Dede
2:45pm-4:00pm	Lane 1	Lap Swim	Speed
2:45pm-4:00pm	Lane 2	Lap Swim	Moderate
2:45pm-4:00pm	Lane 3	Lessons	Dede
2:45pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:30pm	Lane 1	Lessons	Harriet
4:00pm-5:30pm	Lane 2	Lap Swim	Moderate
4:00pm-5:30pm	Lane 3	Lessons	Dede
4:00pm-5:30pm	Aqua Therapy	Lessons	Dede
5:30pm-6:00pm	Lane 1	Lap Swim	Speed
5:30pm-6:00pm	Lane 2	Lap Swim	Moderate
5:30pm-6:00pm	Lane 3	Lessons	Dede
5:30pm-6:00pm	Aqua Therapy	Lessons	Dede

Monday, January 28 CONTINUED

Time	Lane	Activity	Description
6:00pm-7:30pm	Lane 1	Lap Swim	ALL
6:00pm-7:30pm	Lane 2	Lessons	Dede
6:00pm-7:30pm	Lane 3	Lessons	Dede
6:00pm-7:30pm	Aqua Therapy	Lessons	Dede
7:30pm-8:00pm	Lane 1	Lap Swim	Speed
7:30pm-8:00pm	Lane 2	Lap Swim	Moderate
7:30pm-8:00pm	Lane 3	Lessons	Dede
7:30pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, January 29

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lessons	Harriet
9:00am-9:55am	Aqua Therapy	Lessons	Harriet
9:55am-11:00am	Lane 1	Class	MashUp
9:55am-11:00am	Lane 2	Class	MashUp
9:55am-11:00am	Lane 3	Class	MashUp
9:55am-11:00am	Aqua Therapy	Class	MashUp
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Lap Swim	Slow
11:00am-12:00pm	Aqua Therapy	Open	Walking
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lessons	Dede
12:00pm-1:00pm	Aqua Therapy	Lessons	Dede
1:00pm-2:00pm	Lane 1	Lessons	Dede
1:00pm-2:00pm	Lane 2	Lap Swim	ALL
1:00pm-2:00pm	Lane 3	Private	Therapy
1:00pm-2:00pm	Aqua Therapy	Private	Therapy

Tuesday, January 29 CONTINUED

Time	Lane	Activity	Description
2:00pm-4:00pm	Lane 1	Lap Swim	Speed
2:00pm-4:00pm	Lane 2	Lap Swim	Moderate
2:00pm-4:00pm	Lane 3	Lessons	Dede
2:00pm-4:00pm	Aqua Therapy	Lessons	Dede
4:00pm-5:55pm	Lane 1	Lessons	Harriet
4:00pm-5:55pm	Lane 2	Lap Swim	ALL
4:00pm-5:55pm	Lane 3	Lessons	Dede
4:00pm-5:55pm	Aqua Therapy	Lessons	Dede
5:55pm-7:00pm	Lane 1	Lessons	Dede
5:55pm-7:00pm	Lane 2	Lap Swim	ALL
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:00pm	Lane 1	Lap Swim	Speed
7:00pm-8:00pm	Lane 2	Lap Swim	Moderate
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Wednesday, January 30

Time	Lane	Activity	Description
5:15am-8:55am	Lane 1	Lap Swim	Speed
5:15am-8:55am	Lane 2	Lap Swim	Moderate
5:15am-8:55am	Lane 3	Lap Swim	Slow
5:15am-8:55am	Aqua Therapy	Open	Walking
8:55am-10:00am	Lane 1	Class	Hydro Sculpt
8:55am-10:00am	Lane 2	Class	Hydro Sculpt
8:55am-10:00am	Lane 3	Class	Hydro Sculpt
8:55am-10:00am	Aqua Therapy	Class	Hydro Sculpt
10:00am-11:00am	Lane 1	Lap Swim	Speed
10:00am-11:00am	Lane 2	Lap Swim	Moderate
10:00am-11:00am	Lane 3	Lap Swim	Slow
10:00am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	Lane 1	Lap Swim	Speed
11:00am-12:00pm	Lane 2	Lap Swim	Moderate
11:00am-12:00pm	Lane 3	Therapy	Private
11:00am-12:00pm	Aqua Therapy	Therapy	Private
12:00pm-3:30pm	Lane 1	Lap Swim	Speed
12:00pm-3:30pm	Lane 2	Lap Swim	Moderate
12:00pm-3:30pm	Lane 3	Lessons	Dede
12:00pm-3:30pm	Aqua Therapy	Lessons	Dede

Wednesday, January 30 CONTINUED

Time	Lane	Activity	Description
3:30pm-5:30pm	Lane 1	Lessons	Dede
3:30pm-5:30pm	Lane 2	Lap Swim	ALL
3:30pm-5:30pm	Lane 3	Lessons	The J
3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-7:00pm	Lane 1	Lap Swim	Speed
5:30pm-7:00pm	Lane 2	Lap Swim	Moderate
5:30pm-7:00pm	Lane 3	Lessons	Dede
5:30pm-7:00pm	Aqua Therapy	Lessons	Dede
7:00pm-8:00pm	Lane 1	Lap Swim	ALL
7:00pm-8:00pm	Lane 2	Lessons	Dede
7:00pm-8:00pm	Lane 3	Lessons	Dede
7:00pm-8:00pm	Aqua Therapy	Lessons	Dede
8:00pm-8:45pm	Lane 1	Lap Swim	Speed
8:00pm-8:45pm	Lane 2	Lap Swim	Moderate
8:00pm-8:45pm	Lane 3	Lap Swim	Slow
8:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 31 CONTINUED

Time	Lane	Activity	Description
3:00pm-4:00pm	Lane 1	Lap Swim	Speed
3:00pm-4:00pm	Lane 2	Lap Swim	Moderate
3:00pm-4:00pm	Lane 3	Lap Swim	Slow
3:00pm-4:00pm	Aqua Therapy	Open	Walking
4:00pm-5:55pm	Lane 1	Lap Swim	Speed
4:00pm-5:55pm	Lane 2	Lap Swim	Moderate
4:00pm-5:55pm	Lane 3	Lessons	The J
4:00pm-5:55pm	Aqua Therapy	Lessons	The J
5:55pm-7:00pm	Lane 1	Lap Swim	Speed
5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm	Lane 3	Class	Hydro Sculpt
5:55pm-7:00pm	Aqua Therapy	Class	Hydro Sculpt
7:00pm-8:45pm	Lane 1	Lap Swim	Speed
7:00pm-8:45pm	Lane 2	Lap Swim	Moderate
7:00pm-8:45pm	Lane 3	Lap Swim	Slow
7:00pm-8:45pm	Aqua Therapy	Open	Walking

Thursday, January 31

Time	Lane	Activity	Description
5:15am-8:00am	Lane 1	Lap Swim	Speed
5:15am-8:00am	Lane 2	Lap Swim	Moderate
5:15am-8:00am	Lane 3	Lap Swim	Slow
5:15am-8:00am	Aqua Therapy	Open	Walking
8:00am-9:00am	Lane 1	Lap Swim	Speed
8:00am-9:00am	Lane 2	Lap Swim	Walking
8:00am-9:00am	Lane 3	Therapy	Private
8:00am-9:00am	Aqua Therapy	Therapy	Private
9:00am-9:55am	Lane 1	Lap Swim	Speed
9:00am-9:55am	Lane 2	Lap Swim	Moderate
9:00am-9:55am	Lane 3	Lap Swim	Slow
9:00am-9:55am	Aqua Therapy	Open	Walking
9:55am-11:00am	Lane 1	Class	S'Wet Bar
9:55am-11:00am	Lane 2	Lap Swim	Moderate
9:55am-11:00am	Lane 3	Lap Swim	Slow
9:55am-11:00am	Aqua Therapy	Open	Walking
11:00am-12:00pm	**POOL CLOSED FOR CLEANING**		
12:00pm-1:00pm	Lane 1	Lap Swim	Speed
12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
12:00pm-1:00pm	Lane 3	Lap Swim	Slow
12:00pm-1:00pm	Aqua Therapy	Open	Walking
1:00pm-3:00pm	Lane 1	Lap Swim	Speed
1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
1:00pm-3:00pm	Lane 3	Private	Therapy
1:00pm-3:00pm	Aqua Therapy	Private	Therapy