

# November Pool Schedule

## Thursday, November 1

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	Class	S'Wet Bar
9:55am-11:00am	Lane 3	Lap Swim	ALL
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-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-5:55pm	Lane 1	Lap Swim	Speed
5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
5:30pm-5:55pm	Lane 3	Lap Swim	Slow
5:30pm-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

## Thursday, November 1 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, November 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	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-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, November 3

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	Lessons	Dede
8:30am-12:00pm	Lane 2	Lap Swim	ALL
8:30am-12:00pm	Lane 3	Lessons	The J
8:30am-12:00pm	Aqua Therapy	Lessons	The J

**Saturday, November 3 CONTINUED**

Time	Lane	Activity	Description
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-1:45pm	Lane 1	Lap Swim	ALL
1:00pm-1:45pm	Lane 2	Lessons	Dede
1:00pm-1:45pm	Lane 3	Lessons	Dede
1:00pm-1:45pm	Aqua Therapy	Lessons	Dede
1:45pm-2:15pm	Lane 1	Lap Swim	Speed
1:45pm-2:15pm	Lane 2	Lap Swim	Moderate
1:45pm-2:15pm	Lane 3	Lessons	Dede
1:45pm-2:15pm	Aqua Therapy	Lessons	Dede
2:15pm-5:15pm	Lane 1	Lap Swim	Speed
2:15pm-5:15pm	Lane 2	Lap Swim	Moderate
2:15pm-5:15pm	Lane 3	Lap Swim	Slow
2:15pm-5:15pm	Aqua Therapy	Open	Walking

**Sunday, November 4**

Time	Lane	Activity	Description
7:15am-10:00am	Lane 1	Lap Swim	Speed
7:15am-10:00am	Lane 2	Lap Swim	Moderate
7:15am-10:00am	Lane 3	Lap Swim	Slow
7:15am-10:00am	Aqua Therapy	Open	Walking
10:00am-1:00pm	Lane 1	Lap Swim	Speed
10:00am-1:00pm	Lane 2	Lap Swim	Moderate
10:00am-1:00pm	Lane 3	Lessons	The J
10:00am-1:00pm	Aqua Therapy	Lessons	The J
1:00pm-5:15pm	Lane 1	Lap Swim	Speed
1:00pm-5:15pm	Lane 2	Lap Swim	Moderate
1:00pm-5:15pm	Lane 3	Lap Swim	Slow
1:00pm-5:15pm	Aqua Therapy	Open	Walking

**Monday, November 5**

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

**Monday, November 5 CONTINUED**

Time	Lane	Activity	Description
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-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-6:45pm	Lane 1	Lap Swim	ALL
6:00pm-6:45pm	Lane 2	Lessons	Dede
6:00pm-6:45pm	Lane 3	Lessons	Dede
6:00pm-6:45pm	Aqua Therapy	Lessons	Dede
6:45pm-8:00pm	Lane 1	Lap Swim	Speed
6:45pm-8:00pm	Lane 2	Lap Swim	Moderate
6:45pm-8:00pm	Lane 3	Lessons	Dede
6:45pm-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, November 6**

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	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-1:00pm	Lane 1	Lap Swim	Speed
11:00am-1:00pm	Lane 2	Lap Swim	Moderate
11:00am-1:00pm	Lane 3	Lap Swim	Slow
11:00am-1:00pm	Aqua Therapy	Open	Walking

**Tuesday, November 6 CONTINUED**

Time	Lane	Activity	Description
1:00pm-2:00pm	Lane 1	Lap Swim	Speed
1:00pm-2:00pm	Lane 2	Lap Swim	Moderate
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	Lap Swim	Slow
2:00pm-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	Dede
4:00pm-5:55pm	Aqua Therapy	Lessons	Dede
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

**Wednesday, November 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	Lap Swim	ALL
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-7:00pm	Lane 1	Lap Swim	Speed
12:00pm-7:00pm	Lane 2	Lap Swim	Moderate
12:00pm-7:00pm	Lane 3	Lessons	Dede
12:00pm-7:00pm	Aqua Therapy	Lessons	Dede

**Wednesday, November 7 CONTINUED**

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

**Thursday, November 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	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	Class	S'Wet Bar
9:55am-11:00am	Lane 3	Lap Swim	ALL
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-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

**Thursday, November 8 CONTINUED**

Time	Lane	Activity	Description
5:30pm-5:55pm	Lane 1	Lap Swim	Speed
5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
5:30pm-5:55pm	Lane 3	Lap Swim	Slow
5:30pm-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, November 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	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-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, November 10**

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

**Sunday, November 11**

Time	Lane	Activity	Description
7:15am-10:00am	Lane 1	Lap Swim	Speed
7:15am-10:00am	Lane 2	Lap Swim	Moderate
7:15am-10:00am	Lane 3	Lap Swim	Slow
7:15am-10:00am	Aqua Therapy	Open	Walking
10:00am-1:00pm	Lane 1	Lap Swim	Speed
10:00am-1:00pm	Lane 2	Lap Swim	Moderate
10:00am-1:00pm	Lane 3	Lessons	The J
10:00am-1:00pm	Aqua Therapy	Lessons	The J
1:00pm-5:15pm	Lane 1	Lap Swim	Speed
1:00pm-5:15pm	Lane 2	Lap Swim	Moderate
1:00pm-5:15pm	Lane 3	Lap Swim	Slow
1:00pm-5:15pm	Aqua Therapy	Open	Walking

**Monday, November 12**

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

**Monday, November 12 CONTINUED**

Time	Lane	Activity	Description
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
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	ALL
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	ALL
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-6:45pm	Lane 1	Lap Swim	ALL
6:00pm-6:45pm	Lane 2	Lessons	Dede
6:00pm-6:45pm	Lane 3	Lessons	Dede
6:00pm-6:45pm	Aqua Therapy	Lessons	Dede
6:45pm-8:00pm	Lane 1	Lap Swim	Speed
6:45pm-8:00pm	Lane 2	Lap Swim	Moderate
6:45pm-8:00pm	Lane 3	Lessons	Dede
6:45pm-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, November 13**

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	Therapy	Private
1:00pm-2:00pm	Aqua Therapy	Therapy	Private
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-5:30pm	Lane 1	Lessons	Harriet
4:00pm-5:30pm	Lane 2	Lap Swim	ALL
4:00pm-5:30pm	Lane 3	Lessons	Dede
4:00pm-5:30pm	Aqua Therapy	Lessons	Dede
5:30pm-5:55pm	Lane 1	Lap Swim	Speed
5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
5:30pm-5:55pm	Lane 3	Lessons	Dede
5:30pm-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, November 13 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
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

**Wednesday, November 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	Lap Swim	ALL
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-7:00pm	Lane 1	Lap Swim	Speed
12:00pm-7:00pm	Lane 2	Lap Swim	Moderate
12:00pm-7:00pm	Lane 3	Lessons	Dede
12:00pm-7:00pm	Aqua Therapy	Lessons	Dede
7:00pm-7:45pm	Lane 1	Lap Swim	ALL
7:00pm-7:45pm	Lane 2	Lessons	Dede
7:00pm-7:45pm	Lane 3	Lessons	Dede
7:00pm-7:45pm	Aqua Therapy	Lessons	Dede
7:45pm-8:00pm	Lane 1	Lap Swim	Speed
7:45pm-8:00pm	Lane 2	Lap Swim	Moderate
7:45pm-8:00pm	Lane 3	Lessons	Dede
7:45pm-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, November 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	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	Class	S'Wet Bar
9:55am-11:00am	Lane 3	Lap Swim	ALL
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-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-5:55pm	Lane 1	Lap Swim	Speed
5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
5:30pm-5:55pm	Lane 3	Lap Swim	Slow
5:30pm-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

**Thursday, November 15 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, November 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	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-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, November 17**

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	Lessons	Dede
8:30am-12:00pm	Lane 2	Lap Swim	ALL
8:30am-12:00pm	Lane 3	Lessons	The J
8:30am-12:00pm	Aqua Therapy	Lessons	The J

**Saturday, November 17 CONTINUED**

Time	Lane	Activity	Description
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-1:45pm	Lane 1	Lap Swim	ALL
1:00pm-1:45pm	Lane 2	Lessons	Dede
1:00pm-1:45pm	Lane 3	Lessons	Dede
1:00pm-1:45pm	Aqua Therapy	Lessons	Dede
1:45pm-2:15pm	Lane 1	Lap Swim	Speed
1:45pm-2:15pm	Lane 2	Lap Swim	Moderate
1:45pm-2:15pm	Lane 3	Lessons	Dede
1:45pm-2:15pm	Aqua Therapy	Lessons	Dede
2:15pm-5:15pm	Lane 1	Lap Swim	Speed
2:15pm-5:15pm	Lane 2	Lap Swim	Moderate
2:15pm-5:15pm	Lane 3	Lap Swim	Slow
2:15pm-5:15pm	Aqua Therapy	Open	Walking

**Sunday, November 18**

Time	Lane	Activity	Description
7:15am-10:00am	Lane 1	Lap Swim	Speed
7:15am-10:00am	Lane 2	Lap Swim	Moderate
7:15am-10:00am	Lane 3	Lap Swim	Slow
7:15am-10:00am	Aqua Therapy	Open	Walking
10:00am-1:00pm	Lane 1	Lap Swim	Speed
10:00am-1:00pm	Lane 2	Lap Swim	Moderate
10:00am-1:00pm	Lane 3	Lessons	The J
10:00am-1:00pm	Aqua Therapy	Lessons	The J
1:00pm-3:15pm	Lane 1	Lap Swim	Speed
1:00pm-3:15pm	Lane 2	Lap Swim	Moderate
1:00pm-3:15pm	Lane 3	Lap Swim	Slow
1:00pm-3:15pm	Aqua Therapy	Open	Walking
3:15pm-5:15pm	<b>FAMILY OPEN SWIM</b>		
3:15pm-5:15pm			