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 CLO	OSED FOR C	LEANING**
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

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

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, Novemer 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, Novemer 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 CLO	OSED FOR C	LEANING**	
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

rnady, Novembe	1 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	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

	Salorady, 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

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

Monday, Novem			
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

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 3 Therapy Private 8:00am-9:00am Aqua Therapy Therapy Private 8:00am-9:00am Aqua Therapy Therapy Private 9:00am-9:55am Lane 1 Lap Swim Moderate 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Lane 3 Lessons Harriet 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Lane 3 Lessons Harriet 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Lane 3 Lessons Harriet 9:00am-9:55am Lane 1 Las Swim ShUp Harriet 9:00am-9:55a	roesday, Noverni			
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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 Aqua Therapy Therapy Private 8:00am-9:05am Aqua Therapy Therapy Private 9:00am-9:55am Lane 1 Lap Swim Moderate 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Aqua Therapy Lessons Harriet 9:05am-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 Lane 3 Class MashUp 9:55am-11:00am Lane 2 Lap Swim Moderate 11:00am-12:00pm Lane 1 Lap Swim Moderate 11:00am-12:00pm Lane 2 Lap Swim Moderate 11:00am-12:00pm Lane 1 Lap Swim Moderate 12:00pm	5:15am-8:00am	Lane 2	Lap Swim	Moderate
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12:00pm-1:00pm	12:00pm-1:00pm	Lane 1	Lap Swim	Speed
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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 5:30pm-5:30pm Aqua Therapy Lessons Dede 5:30pm-5:55pm Lane 1 Lap Swim Moderate 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	1:00pm-2:00pm	Lane 3	Therapy	Private
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 5:30pm-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	1:00pm-2:00pm	Aqua Therapy	Therapy	Private
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	2:00pm-4:00pm	Lane 1	Lap Swim	Speed
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	2:00pm-4:00pm	Lane 2	Lap Swim	Moderate
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	2:00pm-4:00pm	Lane 3	Lessons	Dede
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	2:00pm-4:00pm	Aqua Therapy	Lessons	Dede
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	4:00pm-5:30pm	Lane 1	Lessons	Harriet
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	4:00pm-5:30pm	Lane 2	Lap Swim	ALL
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	4:00pm-5:30pm	Lane 3	Lessons	Dede
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	4:00pm-5:30pm	Aqua Therapy	Lessons	Dede
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	5:30pm-5:55pm	Lane 1	Lap Swim	Speed
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	5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
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	5:30pm-5:55pm	Lane 3	Lessons	Dede
5:55pm-7:00pm Lane 2 Lap Swim ALL 5:55pm-7:00pm Lane 3 Class Hydro Sculpt	5:30pm-5:55pm	Aqua Therapy	Lessons	Dede
5:55pm-7:00pm Lane 3 Class Hydro Sculpt	5:55pm-7:00pm	Lane 1	Lessons	Dede
	5:55pm-7:00pm	Lane 2	Lap Swim	ALL
5:55pm-7:00pm Agua Therapy Class Hydro Sculpt	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
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, Novemer 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
7:45pm8:00pm	Lane 1	Lap Swim	Speed
7:45pm8:00pm	Lane 2	Lap Swim	Moderate
7:45pm8:00pm	Lane 3	Lessons	Dede
7:45pm8:00pm	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

5:15am-8:00am Lane 1 Lap Swim Moderate 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 3 Therapy Private 8:00am-9:00am Aqua Therapy Therapy Private 8:00am-9:00am Aqua Therapy Therapy Private 9:00am-9:05am Lane 1 Lap Swim Speed 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Lane 3 Lap Swim Slow 9:05am-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 Are POOL CUSED FOR CEANING** 12:00pm-1:00pm Lane 1	morsday, Novem			
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 Aqua Therapy Therapy Private 8:00am-9:00am Aqua Therapy 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 Slow 9:00am-9:55am Lane 3 Lap Swim Slow 9:00am-9:55am Lane 3 Lap Swim Slow 9:05am-11:00am Lane 1 Class S'Wet Bar 9:55am-11:00am Lane 2 Class S'Wet Bar 9:55am-11:00am Aqua Therapy Open Walking 11:00am-12:00pm Lane 1 Lap Swim Moderate 12:00pm-1:00pm<	Time	Lane	Activity	Description
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 Aqua Therapy Therapy Private 8:00am-9:05am Aqua Therapy Therapy Private 9:00am-9:55am Lane 2 Lap Swim Moderate 9:00am-9:55am Lane 3 Lap Swim Moderate 9:00am-9:55am Lane 3 Lap Swim Slow 9:05am-11:00am Lane 1 Class S'Wet Bar 9:55am-11:00am Lane 2 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 Lane 3 Lap Swim Speed 12:00pm-1:00pm Lane 1 Lap Swim Moderate 12:00pm-1:00pm<	5:15am-8:00am	Lane 1	Lap Swim	Speed
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 Moderate 9:00am-9:55am Lane 2 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 2 Class S'Wet Bar 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 Moderate 1:00pm-3:00pm Lane 1 <td>5:15am-8:00am</td> <td>Lane 2</td> <td>Lap Swim</td> <td>Moderate</td>	5:15am-8:00am	Lane 2	Lap Swim	Moderate
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 3 Lap Swim Slow 9:00am-9:55am Aqua Therapy Open Walking 9:55am-11:00am Lane 3 Lap Swim Si'Wet Bar 9:55am-11:00am Lane 2 Class S'Wet Bar 9:55am-11:00am Lane 2 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 Lane 3 Lap Swim ALL 9:55am-11:00am Lane 3 Lap Swim Moderate 12:00pm-1:00pm Lane 1 Lap Swim Moderate 12:00pm-1:00pm Lane 2 Lap Swim Moderate 1:00pm-3:00pm	5:15am-8:00am	Lane 3	Lap Swim	Slow
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 2 Lap Swim Speed 9:00am-9:55am Lane 3 Lap Swim Moderate 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 Lane 1 Lap Swim Speed 12:00pm-1:00pm Lane 1 Lap Swim Moderate 12:00pm-1:00pm Lane 2 Lap Swim Slow 12:00pm-1:00pm Aqua Therapy Open Walking 1:00pm-3:00pm Lane 1 Lap Swim Moderate 1:00pm-3:00pm Lane 2 Lap Swim Moderate 1:00pm-3:30pm	5:15am-8:00am	Aqua Therapy	Open	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 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 9:55am-11:00am Lane 3 Lap Swim ALL 9:55am-11:00am Aqua Therapy Open Walking 11:00am-12:00pm Lane 1 Lap Swim Speed 12:00pm-1:00pm Lane 2 Lap Swim Moderate 12:00pm-1:00pm Lane 3 Lap Swim Moderate 1:00pm-3:00pm Lane 1 Lap Swim Moderate 1:00pm-3:00pm Lane 2 Lap Swim Moderate 1:00pm-3:30p	8:00am-9:00am	Lane 1	Lap Swim	Speed
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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 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 Lane 3 Lap Swim Speed 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-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 1 Lap	8:00am-9:00am	Lane 3	Therapy	Private
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 Lane 3 Lap Swim Speed 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-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2	8:00am-9:00am	Aqua Therapy	Therapy	Private
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 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 Lap Swim Speed 12:00pm-1:00pm Lane 3 Lap Swim Speed 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-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm	9:00am-9:55am	Lane 1	Lap Swim	Speed
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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-1:00pm Lane 3 Lap Swim Speed 1:00pm-1:00pm Aqua Therapy Open Walking 1:00pm-1:00pm Lane 1 Lap Swim Moderate 1:00pm-1:00pm Lane 1 Lap Swim Moderate 1:00pm-1:00pm Lane 2 Lap Swim Moderate 1:00pm-3:00pm Lane 3 Lap Swim Moderate 1:00pm-3:00pm Lane 1 Lap Swim Slow 3:00pm-3:30pm Lane 3	9:00am-9:55am	Lane 3	Lap Swim	Slow
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 Lane 3 Lap Swim Slow 12:00pm-1:00pm Lane 3 Lap Swim Speed 1:00pm-3:00pm Lane 1 Lap Swim Moderate 1:00pm-3:00pm Lane 2 Lap Swim Moderate 1:00pm-3:00pm Aqua Therapy Private Therapy 1:00pm-3:00pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 1 Lap Swim Moderate 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-5:30pm Lane 1 Lap Swim Moderate 3:30pm-5:30pm Lane 2	9:00am-9:55am	Aqua Therapy	Open	Walking
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 Lane 3 Private Therapy 1:00pm-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2 Lap Swim Moderate 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-5:30pm Lane 1 Lap Swim Moderate 3:30pm-5:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm Aqua Therapy	9:55am-11:00am	Lane 1	Class	S'Wet Bar
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 12:00pm-1:00pm Lane 3 Lap Swim Speed 12:00pm-1:00pm Lane 1 Lap Swim Speed 1:00pm-3:00pm Lane 1 Lap Swim Moderate 1:00pm-3:00pm Lane 3 Private Therapy 1:00pm-3:00pm Aqua Therapy Private Therapy 1:00pm-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2 Lap Swim Moderate 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-5:30pm Lane 1 Lap Swim Moderate 3:30pm-5:30pm Lane 3 Lessons The J 3:30pm-5:30pm Aqua Therapy <td>9:55am-11:00am</td> <td>Lane 2</td> <td>Class</td> <td>S'Wet Bar</td>	9:55am-11:00am	Lane 2	Class	S'Wet Bar
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-3:00pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 1 Lap Swim Moderate 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-3:30pm Lane 1 Lap Swim Speed 3:30pm-5:30pm Lane 1 Lap Swim Moderate 3:30pm-5:30pm Lane 3 Lessons The J 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm Lane 2	9:55am-11:00am	Lane 3	Lap Swim	ALL
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 1:00pm-3:00pm Lane 3 Private Therapy 1:00pm-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2 Lap Swim Moderate 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-3:30pm Lane 1 Lap Swim Speed 3:30pm-5:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm Lane 3 Lessons The J 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm	9:55am-11:00am	Aqua Therapy	Open	Walking
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 1:00pm-3:00pm Aqua Therapy Private Therapy 1:00pm-3:30pm Lane 1 Lap Swim Speed 3:00pm-3:30pm Lane 2 Lap Swim Slow 3:00pm-3:30pm Lane 3 Lap Swim Speed 3:30pm-3:30pm Lane 1 Lap Swim Speed 3:30pm-5:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm Lane 3 Lessons The J 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm Lane 2 Lap Swim Moderate 5:30pm-5:55pm	11:00am-12:00pm	**POOL CLO	OSED FOR C	LEANING**
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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 Speed 3:00pm-3:30pm Aqua Therapy Open Walking 3:30pm-3:30pm 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 Lap Swim Speed 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm Lane 2 Lap Swim Slow 5:30pm-5:55pm Aqua Therapy Open Walking 5:55pm-7:00pm	12:00pm-1:00pm	Lane 2	Lap Swim	Moderate
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 Speed 3:30pm-3:30pm Lane 1 Lap Swim Speed 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 Moderate 5:30pm-5:55pm Lane 2 Lap Swim Slow 5:30pm-5:55pm Aqua Therapy Open Walking 5:55pm-7:00pm Lane 1 Lap Swim Speed 5:55pm-7:00pm <	12:00pm-1:00pm	Lane 3	Lap Swim	Slow
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 Speed 3:30pm-3:30pm Lane 1 Lap Swim Speed 3:30pm-5:30pm Lane 1 Lap Swim Moderate 3:30pm-5:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm Aqua Therapy Lessons The J 5:30pm-5:30pm Aqua Therapy 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 </td <td>12:00pm-1:00pm</td> <td>Aqua Therapy</td> <td>Open</td> <td>Walking</td>	12:00pm-1:00pm	Aqua Therapy	Open	Walking
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-3:30pm Lane 1 Lap Swim Speed 3:30pm-5:30pm Lane 2 Lap Swim Moderate 3:30pm-5:30pm Lane 3 Lessons The J 5:30pm-5:30pm Aqua Therapy Lap Swim Speed 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm Lane 2 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	1:00pm-3:00pm	Lane 1	Lap Swim	Speed
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 2 Lap Swim Moderate 5:30pm-5:55pm Lane 3 Lap Swim Slow 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 2 Lap Swim Moderate	1:00pm-3:00pm	Lane 2	Lap Swim	Moderate
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 Aqua Therapy Lessons The J 5:30pm-5:30pm Aqua Therapy Lap Swim Speed 5:30pm-5:55pm Lane 1 Lap Swim Moderate 5:30pm-5:55pm Lane 2 Lap Swim Slow 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	1:00pm-3:00pm	Lane 3	Private	Therapy
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 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	1:00pm-3:00pm	Aqua Therapy	Private	Therapy
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	3:00pm-3:30pm	Lane 1	Lap Swim	Speed
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 Slow 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	3:00pm-3:30pm	Lane 2	Lap Swim	Moderate
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 Slow 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	3:00pm-3:30pm	Lane 3	Lap Swim	Slow
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	3:00pm-3:30pm	Aqua Therapy	Open	Walking
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 Slow 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	3:30pm-5:30pm	Lane 1	Lap Swim	Speed
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 Slow 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	3:30pm-5:30pm	Lane 2	Lap Swim	Moderate
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	3:30pm-5:30pm	Lane 3	Lessons	The J
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	3:30pm-5:30pm	Aqua Therapy	Lessons	The J
5:30pm-5:55pmLane 3Lap SwimSlow5:30pm-5:55pmAqua TherapyOpenWalking5:55pm-7:00pmLane 1Lap SwimSpeed5:55pm-7:00pmLane 2Lap SwimModerate5:55pm-7:00pmLane 3ClassHydro Sculpt	5:30pm-5:55pm	Lane 1	Lap Swim	Speed
5:30pm-5:55pmAqua TherapyOpenWalking5:55pm-7:00pmLane 1Lap SwimSpeed5:55pm-7:00pmLane 2Lap SwimModerate5:55pm-7:00pmLane 3ClassHydro Sculpt	5:30pm-5:55pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pmLane 1Lap SwimSpeed5:55pm-7:00pmLane 2Lap SwimModerate5:55pm-7:00pmLane 3ClassHydro Sculpt	5:30pm-5:55pm	Lane 3	Lap Swim	Slow
5:55pm-7:00pm Lane 2 Lap Swim Moderate 5:55pm-7:00pm Lane 3 Class Hydro Sculpt	5:30pm-5:55pm	Aqua Therapy	Open	Walking
5:55pm-7:00pm Lane 3 Class Hydro Sculpt	5:55pm-7:00pm	Lane 1	Lap Swim	Speed
	5:55pm-7:00pm	Lane 2	Lap Swim	Moderate
5:55pm-7:00pm Aqua Therapy Class Hydro Sculpt	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

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

Sunday, November 16			
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	- FAMILY OPEN SWIM		
3:15pm-5:15pm			

Monday, November 19

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, November 19 CONTINUED

Monady, Novem			
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-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-8:45pm	Lane 1	Lap Swim	Speed
6:00pm-8:45pm	Lane 2	Lap Swim	Moderate
6:00pm-8:45pm	Lane 3	Lap Swim	Slow
6:00pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, November 20

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, November 20 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-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
1:00pm-2:00pm	Lane 1	Lap Swim	Speed
1:00pm-2:00pm	Lane 2	Lap Swim	Moderate
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	Lap Swim	Slow
2:00pm-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-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

Wednesday, Novemer 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	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-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, November 22

Time	Lane	Activity	Description
7:15am-12:45pm	Lane 1	Lap Swim	Speed
7:15am-12:45pm	Lane 2	Lap Swim	Moderate
7:15am-12:45pm	Lane 3	Lap Swim	Slow
7:15am-12:45pm	Aqua Therapy	Open	Walking

Friday, November 23

Time	Lane	Activity	Description
7:15am-8:55am	Lane 1	Lap Swim	Speed
7:15am-8:55am	Lane 2	Lap Swim	Moderate
7:15am-8:55am	Lane 3	Lap Swim	Slow
7:15am-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	Lap Swim	Slow
10:00am-10:30am	Aqua Therapy	Open	Walking
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

Friday, Novemer 23 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	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 24

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-5:15pm	Lane 1	Lap Swim	Speed
8:30am-5:15pm	Lane 2	Lap Swim	Moderate
8:30am-5:15pm	Lane 3	Lap Swim	Slow
8:30am-5:15pm	Aqua Therapy	Open	Walking

Sunday, November 25

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, November 26

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

Monday, November 26 CONTINUED

Times	Lana	المالية المالية	Description
Time	Lane	Activity	Description
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-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-8:45pm	Lane 1	Lap Swim	Speed
6:00pm-8:45pm	Lane 2	Lap Swim	Moderate
6:00pm-8:45pm	Lane 3	Lap Swim	Slow
6:00pm-8:45pm	Aqua Therapy	Open	Walking

Tuesday, November 27

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

Tuesday, November 27 CONTINUED

roesday, Noverni			
Time	Lane	Activity	Description
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
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, November 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	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
7:45pm8:00pm	Lane 1	Lap Swim	Speed
7:45pm8:00pm	Lane 2	Lap Swim	Moderate
7:45pm8:00pm	Lane 3	Lessons	Dede
7:45pm8:00pm	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 29

morsady, November 27				
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	

Thursday, November 29 CONTINUED

Time	Lane	Activity	Description
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 CLO	OSED FOR C	LEANING**
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
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 30

rriday, November 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	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	