Indoor Pool Schedule August 2016 - May 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM	7:00 - 9:00 am (2) 9-12 pool closed (lessons) Noon- 1:00 pm (3) 1:30 - 3:00 pm (1) 3:00 - 6:30 pm (2)	5:30 - 8:15 am (2) 10:30 - Noon (2) Noon - 1:00 pm (3) 1:00 - 3:00 pm (2) 3:00 - 3:30 pm (3) 3:30 - 6:00 pm (1) 6:00 - 8:30 pm (2) 8:30 - 9:30 (3)	5:30 - 8:00 am (2) 9:00 - 10:00 am (2) 12:15 - 4:00 pm (3) 4:00 - 4:30 (2) 5:00 - 8:30 (2) 8:30 - 9:30 (3)	5:30 - 8:15 am (2) 10:30 - Noon (2) Noon - 1:00 pm (3) 1:00 - 3:00 pm (2) 3:00 - 4:00 pm (3) 4:00 -5:00 pm (2) 5:30 - 8:30 pm (2) 8:30 - 9:30 (3)	5:30 - 8:00 am (2) 9:00 - 9:30 am (3) 11:15 - Noon (1) Noon - 12:15 (2) 12:15 - 4:00 pm (3) 5:00 - 6:00 pm (1) 6:00 - 8:30 pm (2) 8:30 - 9:30 (3)	5:30 - 8:15 am (2) 10:30 am - 5:30 pm (3)	1:30 - 5:30 pm (3)
LESSONS	9 am - Noon	9:30 am - Noon 1:00 - 3:00 pm 4:00 - 5:00 pm	9:30 am - Noon 4:00 - 5:00 pm	9:30 am - Noon 1:00 - 3:00 pm 4:00 - 5:00 pm	9:30 am - Noon 4:00 - 5:00 pm	9:30 am - 10:30 am	
LAP SWIMMING ( ) - # of Lanes	7:00 am - 9:00 am (4) 9:00 am - 1:00 pm (3) 1:00 - 5:30 pm (2) 5:30 - 6:30 pm (3)	5:30 - 8:15 am (4) 8:15 - 9:15 am (1) 9:15 am - 10:30 am (2) 10:30 am - 4:30 pm (3) 4:30 -6:30 pm (2) 6:30 - 9:30 pm (3)	5:30 - 8:00 am (4) 9:00 - 10:00 am (3) 10:00 - 11:15 am (2) 11:15 am - Noon (1) Noon - 4:30 pm (3) 4:30 -7:00 pm (3) 7:00 - 9:30 pm (3)	5:30 - 8:15 am (4) 8:15 - 9:15 am (1) 9:30 - 10:30 am (2) 10:30 am - 4:30 pm (3) 4:30 -7:45 pm (2) 7:45 -9:30 pm (3)	5:30 - 8:00 am (4) 9:00 - 9:30 am (3) 9:30 - 10:30 am (2) 10:30 - 11:15 am (2) 11:15 am - Noon (1) Noon - 4:30 pm (3) 4:30 - 7:30 pm (2) 7:30 - 9:30 pm (3)	5:30 - 8:00 am (4) 8:15 - 9:30 am (1) 9:30 - 10:30 am (2) 10:30 - 5:30 pm (3)	1:30 - 5:30 pm (3)
CAPITAL CITY SWIM TEAM ( ) # of Lanes	1:00 - 3:00 pm (3) 3:00 - 5:30 pm (2)	4:30 - 6:30 pm (3) 6:30 - 7:30 pm (1)	4:30 - 5:30 pm (2) 5:30 - 6:45 pm (2)	4:30 - 6:30 pm (3) 6:30 - 7:45 pm (2)	4:30 - 6:30 pm (3) 6:30 - 7:30 pm (1)	For more information on the Capital City Swim Team go to -www.capitalcityswimming.com	
WATER FITNESS		8:15 - 9:15 am 9:30 am - 10:30 am	10:00 - 11:00 am 11:15 - Noon	8:15 - 9:15 am 9:30 am - 10:30 am	10:00 - 11:00 am 11:15 - Noon	8:15 - 9:15 am 9:30 am - 10:30 am	
WOMEN'S ONLY			8:00 - 9:00 am		8:00 - 9:00 am		

POOL HOURS

Monday - Thursday	**5:30 am - 9:30 pm**
Friday	**5:30 am - 5:30 pm**
Saturday	**1:30 pm - 5:30 pm**
Sunday	**7:00 am - 6:30 pm**