

Mondays & Wednesdays: OPEN 6:00am to 9:00pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
6:00 AM	LAP	LAP	LAP	LAP			
6:30 AM	SWIM	SWIM	SWIM	SWIM			
7:00 AM	ONLY	ONLY	ONLY	ONLY	LAP	LAP	
7:30 AM					SWIM	SWIM	
8:00 AM	Wednesday: H2O Rock				ONLY	ONLY	
9:00 AM	Monday: Aqua Cardio Wednesday: Aqua Pilates						
10:00AM	Monday & Wednesday: Aqua Yopalates						
10:45 AM	Warm & Core						
11:00 AM	OPEN SWIM	OPEN SWIM	LAP	LAP	LAP	LAP	
12:00 PM			SWIM	SWIM			
1:00 PM			ONLY	ONLY			
1:30 PM							
2:00 PM							
2:30 PM			Crosby Swim Team		ONLY	ONLY	
3:00 PM							
3:30 PM							
4:00 PM	OPEN SWIM	Maint- enance					
4:30 PM		Classes					
5:00 PM			STINGRAYS SWIM TEAM PRACTICE				
5:30 PM	P & C II	Group Lessons	SPECIAL PROGRAM	U.S. MAS- TERS	LAP	LAP	
6:00 PM	P & C I						
6:30 PM	Toddler						
7:00 PM					LAP	LAP	
7:30 PM	OPEN SWIM	OPEN	OPEN	OPEN	SWIM	SWIM	
8:00 PM		OPEN	OPEN	OPEN	ONLY	ONLY	
8:30 PM							

Tuesdays & Thursdays: OPEN 6:00am to 9:00pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
6:00 AM							
6:30 AM							
7:00 AM	LAP	LAP	LAP	LAP	LAP	LAP	
7:30 AM	SWIM	SWIM	SWIM	SWIM	SWIM	SWIM	
8:00 AM	ONLY	ONLY	ONLY	ONLY	ONLY	ONLY	
8:30 AM							
9:00 AM	Aqua Strength						
10:00 AM	P & C I		BH Swim Team				
10:30 AM	P & C 2						
11:00 am	Toddler						
11:30 AM	Group Swim Les-		OPEN	OPEN			
12:30 PM	OPEN	OPEN	SWIM	SWIM			
2:00 PM	BH Swim Team				LAP	LAP	
2:30 PM					SWIM	SWIM	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	OPEN	OPEN	OPEN	Group	LAP	LAP	
5:00 PM	SWIM	SWIM	SWIM	Lessons			
5:30 PM	Aqua Fitness		STINGRAYS SWIM TEAM PRACTICE				
6:00 PM							
6:30 PM		STINGRAYS SWIM TEAM PRACTICE					
7:00 PM	OPEN						
7:30 PM	SWIM	OPEN	OPEN	OPEN	U.S.		
8:00 PM		SWIM	SWIM	SWIM	MAS- TERS		
8:30 PM							

Fridays: OPEN 8:00am - 6:30pm

Saturdays: OPEN 8:30am - 4:00pm

Sundays: OPEN 12:30pm - 4:00pm

Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
8:00 AM	LAP	LAP	LAP	LAP	LAP	LAP		
	SWIM	SWIM	SWIM	SWIM				
8:30 AM	ONLY	ONLY	ONLY	ONLY			SWIM	SWIM
9:00 AM	Friday Only: Aqua Cardio				ONLY	ONLY		
10:00 AM					LAP	LAP		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM			OPEN	OPEN			SWIM	ONLY
12:30 PM	OPEN	OPEN	SWIM	SWIM			LAP	SWIM
1:00 PM								
2:00 PM								
3:00 PM	SWIM	SWIM					ONLY	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			STINGRAYS SWIM TEAM PRACTICE FRIDAY ONLY					
5:30 PM								
6:00 PM								
6:30 PM								

US Masters	Swim Lessons	Stingrays Swim Team Practice
Open Swim	Lap Swim	Group Exercise Classes
BH Swim	Maintenance Classes	Crosby Swim team