

49th & Oxbow Main Pool Lap Schedule

December 1-31, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7 am	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking Class 545-630a	Lap Swim 2-(3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking		If at the start of a Water Exercise Class, there are less than 8 participants; a 3 rd lap lane will be added. Please ask the pool staff for assistance if a 3 rd lap lane is needed No open swim during any instructor-led class or Swim Lessons.
7 - 8 am	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	
8 - 9 am	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	
9 - 10 am	OPEN SWIM Lap Swim (2-3 lanes)	Lap Swim (2 lanes) Class 9a-945a	OPEN SWIM Lap Swim (2-3 lanes)	Lap Swim (2 lanes) Class 9a-945a	Lap Swim (2 lanes) Class 9:30-10:15a	Lap Swim (2-3 lanes) Water Walking	
10 - 11 am	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
11 am -12pm	Masters Swim 11/1-12/22/21 Lap Swim (1 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	Masters Swim 11/1-12/22/21 Lap Swim (1 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 Lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim 2-(3 lanes)
12 - 1:00 pm	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
1:00 - 2:00 pm	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	Lap Swim (2-3 lanes) Water Walking	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
2:00 - 4:30 pm	OPEN SWIM (2-4:30 pm) Lap Swim (2-3 lanes)	OPEN SWIM (2-4:00 pm) Lap Swim (2-3 lanes)	OPEN SWIM (2-4:30 pm) Lap Swim (2-3 lanes)	OPEN SWIM (2-4:00 pm) Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
4:30 - 5:30 pm	Youth Swim Program 11/1-12/22/21 4:30-5:30 pm Pool Closed	Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm)	Youth Swim Program 11/1-12/22/21 4:30-5:30 pm Pool Closed	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes) Pool Closes at 4:45 pm	OPEN SWIM Lap Swim (2-3 lanes) Pool Closes at 4:45 pm
5:30 - 6:15 pm	No Open Swim 5:30-6:15 pm Lap Swim (2 lanes) Class 5:30p-6:15p	Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm)	OPEN SWIM 5:30-6:15 pm Lap Swim (2-3 lanes)	No open swim 5:30-6:15 pm Lap Swim (2 lanes) Class 5:30p-6:15p	OPEN SWIM Lap Swim (2-3 lanes)	Pool Closed	Pool Closed
6:15 - 7:15 pm	Masters Swim Program 11/1-12/22/21 6:15-7:15 pm Pool Closed	Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm) Class 6:30p-7:15 p	Masters Swim Program 11/1-12/22/21 6:15-7:15 pm Pool Closed	OPEN SWIM 6:15-7:15 pm Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)		
7:15-8:00 pm	OPEN SWIM 7:15-8:45 pm Lap Swim (2-3 lanes)	OPEN SWIM 7:15-8:45 pm Lap Swim (2-3 lanes)	OPEN SWIM 7:15-8:45 pm Lap Swim (2-3 lanes)	OPEN SWIM 7:15-8:45 pm Lap Swim (2-3 lanes)	Pool Closes at 7:45 pm		
8:00-8:45 pm	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	Pool Closed		

WATER WALKING (DEEP OR SHALLOW): Time for people who enjoy walking in the shallow or deep water. Pool staff is available for questions. **Check us out on Facebook or www.sanfordwellness.org**

