

49th & Oxbow Main Pool Lap Schedule

March 4-April 7, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7 am	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (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 – 8:15 am	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Pool Closed	
8:15 – 9 am	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Pool Closed	
9 – 10 am	Lap Swim (2 lanes) Class 9:15-10:00a	Lap Swim (2 lanes) Class 9:15-10a	OPEN SWIM Lap Swim (3 lanes)	Lap Swim (2 lanes) Class 9:15-10a	Lap Swim (2 lanes) Class 9:30-10:15a	Pool Closed	
10 – 11 am	Lap Swim (3 lanes) Water Walking	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (3 lanes) Water Walking	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM (10:15a) Lap Swim (3 lanes)	Pool Closed	OPEN SWIM Lap Swim (3 lanes)
11 am -12pm	Masters Swim (3 lanes) (1/8-4/3/24) Lap Swim (1 lane)	OPEN SWIM Lap Swim (2-3 lanes)	Masters Swim (3 lanes) (1/8-4/3/24) Lap Swim (1 lane)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (3 Lanes)	Pool Closed	OPEN SWIM Lap Swim (3 lanes)
12 – 1:00 pm	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Pool Closed	OPEN SWIM Lap Swim (3 lanes)
1:00 – 2:00 pm	Lap Swim (3 lanes) Water Walking	Lap Swim (2 lanes) Hydro rider Class 1:00-1:45 p	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Pool Closed	OPEN SWIM Lap Swim (3 lanes)
2:00 – 4:00 pm	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)	Pool Closed	OPEN SWIM Lap Swim (3 lanes)
4:00 – 5:30 pm	Youth Swim (1/8-4/3/24) Pool Closed	Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm) (1/8-4/23/24)	Youth Swim (1/8-4/3/24) Pool Closed	Swim Lessons (3/12-4/4/24) Lap Swim (2 lanes)	OPEN SWIM Swim Lessons (2/9-3/28/24) Lap Swim (2 lanes)	Pool Closed	OPEN SWIM Lap Swim (3 lanes) Pool closes at 4:45 p
5:30 – 6:15 pm	Lap Swim (2 lanes) Class 5:30-6:15p	Adaptive Aquatics and Swim Lessons Share 1 & ½ Lap Lane (4:00-7:00 pm) (1/8-4/23/24)	Lap Swim (2 lanes) Class 5:30-6:15p	Swim Lessons (3/12-4/4/24) Lap Swim (2 lanes)	OPEN SWIM Swim Lessons (2/9-3/28/24) Lap Swim (2 lanes)	Pool Closed	Pool Closed
6:20 – 7:20 pm	Master Swim (1/8-4/3/24) Pool Closed	Adaptive Aquatics and Swim Lessons Share 1 & ½ Lap Lane (4:00-7:00 pm) (1/8-4/23/24)	Master Swim (1/8-4/3/24) Pool Closed	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Swim Lessons (2/9-3/28/24) Lap Swim (2 lanes)		
7:20-8:00 pm	OPEN SWIM Lap Swim (2-3 lanes)	Swim Lessons (3/12-4/4/24) Lap Swim (2 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2 lanes) Class 7:15-8:00p	Pool Closes at 7:45 pm		
8:00-8:45 pm	Open Swim	Open Swim	Open Swim	Open Swim	Pool Closed		

Check us out on Facebook or www.sanfordwellness.com