


# 49<sup>th</sup> & Oxbow Main Pool Lap Schedule

July 11-August 27, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7 am	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking 5:00-7:30a	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 <sup>rd</sup> lap lane will be added. Please ask the pool staff for assistance if a 3 <sup>rd</sup> lap lane is needed <b>No open swim during any instructor-led class or Swim Lessons.</b>
7 - 8:15 am	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Hydroriders 7:30-8:15a	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	
8:15 - 9 am	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2 lanes)	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (3 lanes) Water Walking	Lap Swim (3 lanes) Water Walking	Lap Swim (2 lanes) Class 8a-8:45a	
9 - 10 am	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Lap Swim (2 lanes) Class 9:15-10a	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Lap Swim (2 lanes) Class 9:15-10a	Lap Swim (2 lanes) Class 9:30-10:15a	Lap Swim (3 lanes) Water Walking	
10 - 11 am	Lap Swim (2 lanes) Class 10-10:45a	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes) Water Walking	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
11 am -12pm	<b>Youth Tri Training</b> (6/6-8/15/22) No lap swim available <b>POOL CLOSED</b>	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	<b>Youth Tri Training</b> (if weather is bad) (6/6-8/17/22) <b>POOL CLOSED</b>	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	<b>OPEN SWIM</b> Lap Swim (3 Lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
12 - 1:00 pm	Lap Swim (3 lanes) Water Walking	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	Lap Swim (3 lanes) Water Walking	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	Lap Swim (3 lanes) Water Walking	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
1:00 - 2:00 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	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
2:00 - 4:00 pm	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes)
4:00 - 5:30 pm	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm) Swim Lessons 7/12-8/4/22	<b>OPEN SWIM</b> Lap Swim (3 lanes)	Swim Lessons 7/12-8/4/22 Lap Swim (2 Lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> Lap Swim (3 lanes) Pool closes at 4:45 p	<b>OPEN SWIM</b> Lap Swim (3 lanes) Pool closes at 4:45 p
5:30 - 6:15 pm	<b>No open swim 5:30-6:15p</b> Class 5:30-6:15p Lap Swim (2 lanes)	<b>OPEN SWIM</b> Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm)	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>No open swim 5:30-6:15p</b> Class 5:30-6:15p Lap Swim (2 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	Pool Closed	Pool Closed
6:15 - 7:15 pm	<b>Triathlon Training</b> (6/6-8/15/22) No lap swim available <b>POOL CLOSED</b>	<b>OPEN SWIM</b> Adaptive Aquatics Share 1 & ½ Lap Lane (4:00-7:00 pm)	<b>Triathlon Training</b> <b>Pool Closed</b> (if weather is bad) (6/6-8/15/22) <b>6:15-7:20 pm</b> Otherwise Open Swim	<b>OPEN SWIM</b> Lap Swim (3 lanes)	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)		
7:15-8:00 pm	<b>OPEN SWIM</b> 7:20-8:45 pm	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>OPEN SWIM</b> 7:20-8:45 pm	<b>OPEN SWIM</b> Lap Swim (2-3 lanes)	<b>Pool Closes at 7:45 pm</b>		
8:00-8:45 pm	Open Swim	Open Swim	Open Swim	Open Swim	Pool Closed		

