

49th & Oxbow Main Pool Lap Schedule

September 3rd– December 31st, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7 am	Lap Swim (3 lanes) Water Walking	Lap Swim (2-3 lanes) Class 5:45a-6:45a	Lap Swim (3 lanes) Water Walking	Lap Swim (2-3 lanes) Class 5:45a-6:45a	Lap Swim (2-3 lanes) Class 5:45a-6:45a		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 Walk	Lap Swim (2 lanes) Class 7a-7:40a	Lap Swim (2-3 lanes) Water Walk	Lap Swim (2 lanes) Class 7a-7:40a	Lap Swim (2-3 lanes) Water Walk	Lap Swim (2-3 lanes) Water Walk	
8 – 9 am	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2 lanes) Class 8:15a-9a BOGA 8:15a-9:00a (1 lane)	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2 lanes) Class 8:15a-9a	Lap Swim (2 lanes) Class 8a-930a	
9 – 10 am	OPEN SWIM Lap Swim (2-3 lanes)	Lap Swim (2 lanes) Class 9a-10a	OPEN SWIM Lap Swim (2-3 lanes)	Lap Swim (2 lanes) Class 9a-10a	Lap Swim (2 lanes) Class 9:30a-10:30a	Lap Swim (2 lanes) (1 lane)	
10 – 11 am	Lap Swim (2 lanes) Class 10a-11a	OPEN SWIM Lap Swim (2-3 Lanes)	Lap Swim (2 lanes) Class 10a-11a	OPEN SWIM Lap Swim (2-3 Lanes)	OPEN SWIM (10:30) Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
11 am -12pm	Masters Swim Program (3 lanes) (10/21-12/18/19) Lap Swim (1-2 lanes)	OPEN SWIM Lap Swim (2-3 Lanes)	Masters Swim Program (3 lanes) (10/21-12/18/19) Lap Swim (1-2 lanes)	Adult Strength & Stroke Class (3 lanes) (10/3-5/28/20) Lap Swim (2 lanes)	Lap Swim (2-3 lanes) Water Walk/Open	Lap Swim (2-3 lanes) Water Walk/ Open	OPEN SWIM Lap Swim (2-3 lanes)
12 – 1 pm	Lap Swim (2-3 lanes) Water Walk	Lap Swim (2 lanes) BOGA 12-1p (1 lane) Water Walk Class 11:45a-1p	Lap Swim (3 lanes) Water Walk	Lap Swim (2-3 lanes) Water Walk	Lap Swim (2-3 lanes) Water Walk	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2 lanes) BOGA 12-1p (1 lane)
1 – 2 pm	Lap Swim (2 lanes) Class 1p-1:45p	Lap Swim (3 lanes) Water Walk/ OPEN Deep	Lap Swim (2 lanes) Class 1p-2p	Lap Swim (2-3 lanes) Water Walk/ OPEN Deep	Lap Swim (2 lanes) Class 1p-2p	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
2 – 3:45 pm	OPEN SWIM Lap Swim (2 lanes)	OPEN SWIM (2-4:00 pm) Lap Swim (2 lanes)	OPEN SWIM Lap Swim (2 lanes)	OPEN SWIM (2-4:00 pm) Lap Swim (2 lanes)	OPEN SWIM Lap Swim (2 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
3:45 – 5:15 pm	Swimming Lesson (10/7-10/31/19) Youth Swim Program (10/21-12/18/19) (4:30—5:15pm) No open or lap swim during this time	Lap Swim (2 lanes) Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1 (4:00-7:00 pm)1	Swimming Lesson (10/7-10/31/19) Youth Swim Program (4 lanes) (10/21-12/18/19) No open or lap swim during this time	Lap Swim (2 lanes) Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1 (4:00-7:00 pm)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes)
5:15 – 6:15 pm	Lap Swim (2 lanes) Class 5:15p-6:15p	Adaptive Aquatics Share Lap Lane 1	Lap Swim (2 lane) Class 5:15p-6:00p	Adaptive Aquatics Share Lap Lane 1	OPEN SWIM Lap Swim (2-3 lanes)	OPEN SWIM Lap Swim (2-3 lanes) Until 5:45	OPEN SWIM Lap Swim (2-3 lanes) Until 5:45
6:15 – 7:15 pm	Masters Swim Program (10/21-12/18/19) No open or lap swim during this time	Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1	Masters Swim Program (10/21-12/18/19) No open or lap swim during this time	Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1 BOGA 7:00p-7:45p (1 lane)	OPEN SWIM Lap Swim (2-3 lanes)		
7:15 – 8 pm	OPEN SWIM Lap Swim (2-3 lanes)	Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1	OPEN SWIM Lap Swim (2-3 lanes)	Swimming Lesson (10/7-10/31/19) Adaptive Aquatics Share Lap Lane 1	OPEN SWIM Lap Swim (2-3 lanes)		
8 - 9:45 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)		

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**

