

Day	Time	Activity
Monday	08:00 - 09:00	Introduction to the course and syllabus
Monday	09:00 - 10:00	Introduction to the course and syllabus
Monday	10:00 - 11:00	Introduction to the course and syllabus
Monday	11:00 - 12:00	Introduction to the course and syllabus
Monday	12:00 - 13:00	Introduction to the course and syllabus
Monday	13:00 - 14:00	Introduction to the course and syllabus
Monday	14:00 - 15:00	Introduction to the course and syllabus
Monday	15:00 - 16:00	Introduction to the course and syllabus
Monday	16:00 - 17:00	Introduction to the course and syllabus
Monday	17:00 - 18:00	Introduction to the course and syllabus
Monday	18:00 - 19:00	Introduction to the course and syllabus
Monday	19:00 - 20:00	Introduction to the course and syllabus
Monday	20:00 - 21:00	Introduction to the course and syllabus
Monday	21:00 - 22:00	Introduction to the course and syllabus
Monday	22:00 - 23:00	Introduction to the course and syllabus
Monday	23:00 - 00:00	Introduction to the course and syllabus
Monday	00:00 - 01:00	Introduction to the course and syllabus
Monday	01:00 - 02:00	Introduction to the course and syllabus
Monday	02:00 - 03:00	Introduction to the course and syllabus
Monday	03:00 - 04:00	Introduction to the course and syllabus
Monday	04:00 - 05:00	Introduction to the course and syllabus
Monday	05:00 - 06:00	Introduction to the course and syllabus
Monday	06:00 - 07:00	Introduction to the course and syllabus
Monday	07:00 - 08:00	Introduction to the course and syllabus

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Tuesday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
5:30-6:00 AM						
6:00-6:30 AM					6:00 AM-7:00 AM Masters Swimming Inside in case of inclement weather	
6:30-7:00 AM						
7:00-7:30 AM						
7:30-8:00 AM						
8:00-8:30 AM						
8:30-9:00 AM	8:30-9:30 AM Deep H2O					
9:00-9:30 AM						
9:30-10:00 AM	9:45-10:45 AM H2O Gentle					
10:00-10:30 AM						
10:30-11:00 AM						
11:00 AM-2:30 PM			Poseidon: 1:30-2:30 pm			
2:30-3:00 PM						
3:00-3:30 PM						
3:30-4:00 PM	Group Swim Lessons (Shallow End) 3:30-4:30 pm (starting 9/12)				Swim Clinics 3:30-6:30 pm High School: 3:30-4:30 pm 10 & Under 4:30-5:30 pm	
4:00-4:30 PM						
4:30-5:00 PM						
5:00-5:30 PM			Swim Clinics (continued) 10 & Up 5:30-6:30 pm		Poseidon 5:00-8:15 pm	
5:30-6:00 PM						
6:00-6:30 PM						
6:30-7:00 PM			Poseidon (continued): 5:00-8:15 pm			
7:00-7:30 PM						
7:30-8:00 PM						
8:00-8:30 PM						
8:30-9:00 PM						
9:00-10:30 PM						

Wednesday

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Thursday						
Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
5:30-8:00 AM					Masters Swimming: 6:00-7:00 am	
8:00-8:30 AM						
8:30-9:00 AM	8:30-9:30 AM Deep H2O					
9:00-9:30 AM						
9:30-10:00 AM						
10:00-10:30 AM						
10:30-11:00 AM						
11:00 AM-2:30 PM						
2:30-3:00 PM						
3:00-3:30 PM						
3:30-4:00 PM	Group Swim Lessons (Shallow End) 3:30-4:30 pm (starting 9/7)				Swim Clinics 3:30-6:30 pm (starting 9/7) High School 3:30-4:30 pm	
4:00-4:30 PM						
4:30-5:00 PM					Poseidon: 4:45-8:15 pm	
5:00-5:30 PM						
5:30-6:00 PM						
6:00-6:30 PM						
6:30-7:00 PM			Poseidon (continued): 4:45-8:15 pm			
7:00-7:30 PM						
7:30-8:00 PM						
8:00-8:30 PM						
8:30-9:00 PM						
9:00-10:30 PM						

Friday

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Saturday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
7:00-7:30 AM			Poseidon 7:00-8:00 am			
7:30-8:00 AM						
8:00-8:30 AM				8:00 am-9:00 am Masters Swimming		
8:30-9:00 AM						
9:00-9:30 AM						
9:30-10:00 AM	9:30-10:30 AM AquaZumba					
10:00-10:30 AM						
10:30-11:00 AM	Group Swim Lessons (Shallow End) 10:30 am-12:30 pm Starting 9/9					
11:00-11:30 AM						
11:30 AM-12:00 PM						
12:00-12:30 PM						
12:30-1:00 PM						
1:00-1:30 PM						
1:30 PM-8:00 PM						

Sunday

Time	Lane #1	Lane #2	Lane #3	Lane #4	Lane #5	Lane #6
8:00 AM-1:00 PM						
1:00-1:30 PM						
1:30-2:00 PM						
2:00-2:30 PM						
2:30-3:00 PM			Poseidon: 2:30-7:00 pm			
3:00-3:30 PM						
3:30-4:00 PM						
4:00-4:30 PM						
4:30-5:00 PM						
5:00-5:30 PM						
5:30-6:00 PM						
6:00-6:30 PM						
6:30-7:00 PM						
7:00-7:30 PM						
7:30-10:00 PM						

