

Lap Pool Schedule Starting 9/7/21

Due to the closure of the leisure pool, programs and activities will take place in the lap pool and outdoor pool. The lap pool schedule will be as follows (subject to change):

Lap Swim/Water Walking

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|-------------|------------|
| Mon – Fri | 5am – 2pm |
| Mon – Thurs | 7pm – 11pm |
| Saturday | 6am – 12pm |
| Sunday | 11am – 4pm |

Number of lanes available will change depending on other programs and activities

Water Aerobics

| | | |
|------------|-----|---------------|
| Mon – Fri | 5am | Deep Water |
| Mon – Fri | 6am | Shallow Water |
| Mon – Fri | 8am | Shallow Water |
| Mon – Fri | 9am | Shallow Water |
| Mon – Fri | 9am | Deep Water |
| Mon/Wed | 8pm | Shallow Water |
| Tues/Thurs | 9pm | Deep Water |

Open Plunge

| | |
|-----------|-----------|
| Mon – Fri | 7pm – 9pm |
| Saturday | 1pm – 7pm |
| Sun | 1pm – 4pm |

Wibit Weekends will be Saturday from 1pm – 7pm and Sunday 1pm – 4pm

Swim Lessons

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|-------------|--------------------------------|
| Mon – Thurs | 10am – 12pm; 4pm – 5pm |
| Sat | 10am – 12pm |
| Wed | 7pm – 7:30pm (Diving) |

Water Polo

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|---------|------------|
| Mon/Wed | 9pm – 10pm |
| Fri | 4pm – 7pm |

SDAT Swim Team

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|------------|--------------|
| Mon – Fri | 4pm – 7pm |
| Tues/Thurs | 5:30am – 7am |
| Sat | 7:30am – 9am |

Masters Swim Team

| | |
|-------------|-------------|
| Mon/Wed/Fri | 6am – 7am |
| Tues/Thurs | 9pm – 10pm |
| Sat | 6am – 7:30a |

High School Swim Teams

High School Swim Teams will use lanes during class times and after school:

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|-----------|-----------------------------------------------------|
| Mon – Fri | 7am – 8:30am; 1pm – 2:40pm (HS Swim Class) |
| Mon – Fri | 2:45pm – 3:55pm (After School Swim Team) |