

RECREATION CENTER POOL SCHEDULE - MONTH of JULY



| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays | Sundays |
|-------|--|---|--|---|---|---|---|
| 6:00 | Lap swim | Lap swim & Masters Swimming | Lap swim & Masters Swimming | Lap swim | Lap swim & Masters Swimming | Rec Center Pool opens at 7:00AM | |
| 6:30 | | | | | | Saturday & Sunday | |
| 7:00 | | | | | | Lap swim & Masters Swimming | Lap swim |
| 7:15 | Aqua fitness & Lap swim | Lap swim | Lap swim | Aqua fitness (starting 6/13)/Lap swim | | | |
| 8:00 | | | | | | | |
| 8:15 | Lap swim | Lap swim | Lap swim | Lap swim | Lap swim | Lap swim | Lap swim |
| 9:00 | Aqua fitness & Lap swim | Aqua fitness & Lap swim | Aqua fitness & Lap swim | Aqua fitness & Lap swim | Aqua fitness & Lap swim | Aqua fitness & Lap swim | Lap swim |
| 9:30 | | | | | | | |
| 10:00 | Lap swim & Private lessons | Lap swim & Private lessons | Lap swim & Private lessons | Lap swim & Private Lessons | Lap swim & Private lessons | Lap swim & Private lessons | Lap swim & Private lessons |
| 10:30 | Limited lap swim Open swim Private Lessons | Limited lap swim Open swim Private Lessons | Limited lap swim Open swim Private Lessons | Limited lap swim Open swim Private Lessons | Limited lap swim Open swim Private Lessons | Lap swim Private Lessons Open swim | Lap swim Private Lessons Open swim |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 1:00 | | | | | | | |
| 1:30 | | | | | | | |
| 2:00 | Limited lap & open swim, Group Swim Lessons (starting 7/7) | Limited lap & open swim, Group Swim Lessons (starting 7/7) | Limited lap & open swim, Group Swim Lessons (starting 7/7) | Limited lap & open swim, Group Swim Lessons (starting 7/7) | Limited lap & open swim, Private Lessons | Lap swim Private Lessons Open swim | Lap swim Private Lessons Open swim |
| 2:30 | | | | | | | |
| 3:00 | | | | | | | |
| 3:30 | pre-swim team/limited lap & open swim/Group Swim Lessons & Swim Clinic (starting 7/7) | pre-swim team/limited lap & open swim/Group Swim Lessons (starting 7/7) | pre-swim team/limited lap & open swim/Group Swim Lessons & Swim Clinic (starting 7/7) | pre-swim team/limited lap & open swim/Group Swim Lessons (starting 7/7) | pre-swim team/limited lap & open swim/Private lessons | Open/Lap Swim Spanish swim lessons (starting 7/12)5:00- 6:00pm | Rec Center pool closes at 4:45PM on Sundays |
| 4:00 | | | | | | | |
| 4:15 | | | | | | | |
| 4:30 | | | | | | | |
| 4:45 | | | | | | | |
| 5:00 | | | | | | | |
| 5:15 | NNA Swim Team limited lap & open swim | NNA Swim Team limited lap & open swim | NNA Swim Team limited lap & open swim | NNA Swim Team limited lap & open swim | NNA Swim Team limited lap & open swim | | |
| 5:30 | | | | | | | |
| 5:45 | | | | | | | |
| 6:00 | Limited lap & Open swim | Limited lap & Open swim | Limited lap & Open swim | Limited lap & Open swim | Limited lap & Open swim | Rec Center pool closes at 6:45PM on Saturdays | |
| 6:15 | | | | | | | |
| 6:30 | | | | | | | |
| 6:45 | | | | | | | |
| 7:00 | Rec Center pool closes at 7:45PM on weekdays | | | | | | |
| 7:15 | | | | | | | |
| 7:30 | | | | | | | |
| 7:45 | | | | | | | |

Please contact the Rec Center front desk with any questions 775.832.1310