

## LAP SWIM

## Effective 9/14

MONDAY/WEDNESDAY/FRIDAY

6-1 PM (6:15-7:15 AM Masters 4 Lanes)

2-3 PM Lap Swim

3-4:45 PM Lap Swim 1/2 Pool & Swim Team 1/2 Pool

4:45-5:45 PM Swim Team Only

5:45-6:45 PM Lap Swim 1/2 Pool & Swim Team 1/2 Pool

TUESDAY/THURSDAY

6-1 PM Lap Swim

2-3 PM Lap Swim

3-6:45 PM Lap Swim 1/2 Pool & Swim Team 1/2 Pool

**SATURDAY** 

7-11:45 AM