



Fall

J Pool Schedule 2019

Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool
Monday									
5:00-6:00am	Masters (5:30-7am)								
6:00-7:00am	Masters (5:30-7am)								
7:00-8:00am									
8:00-9:00am									
9:00-10:00am									
10:00-11:00am									
11:00-12:00pm		Glide FIT (11am-12pm)							Swim School
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm	USA Swim (4:15-7:30pm)								Swim School
5:00-6:00pm	USA Swim (4:15-7:30pm)								
6:00-8:00pm	USA Swim (4:15-7:30pm)								
8:00-10:00pm									
Tuesday									
5:00-6:00am									
6:00-7:00am									
7:00-8:00am									
8:00-9:00am									
9:00-10:00am									
10:00-11:00am							Taglit 10:30-11:30am		Swim School
11:00-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm	Purple Minions (4-4:30pm)								Swim School
5:00-6:00pm	USA Swim (4:15-7:30pm)								
6:00-8:00pm	USA Swim (4:15-7:30pm)								
8:00-10:00pm									
Wednesday									
5:00-6:00am	Masters (5:30-7am)								
6:00-7:00am	Masters (5:30-7am)								
7:00-8:00am									
8:00-9:00am							Aqua Fit (8:00-9:00am)		
9:00-10:00am							Taglit 9:30-10:30am		
10:00-11:00am									Swim School
11:00-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm	USA Swim (4:15-7:30pm)								Swim School
5:00-6:00pm	USA Swim (4:15-7:30pm)								
6:00-8:00pm	USA Swim (4:15-7:30pm)								
8:00-10:00pm									
Thursday									
5:00-6:00am									
6:00-7:00am									
7:00-8:00am									
8:00-9:00am									
9:00-10:00am									
10:00-11:00am		Glide FIT (10:30-11:30am)							Swim School
11:00-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm	Purple Minions (4-4:30pm)								Swim School
5:00-6:00pm	USA Swim (4:15-7:30pm)								
6:00-8:00pm	USA Swim (4:15-7:30pm)								
8:00-10:00pm									
Friday									
5:00-6:00am	Masters (5:30-7am)								
6:00-7:00am	Masters (5:30-7am)								
7:00-8:00am									
8:00-9:00am							Aqua Fit (8:00-9:00am)		
9:00-10:00am									
10:00-11:00am							Taglit 10:30-11:30am		
11:00-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-6:00pm	USA Swim (4:15-5:15pm)								
Saturday									
7:00-8:00am	Masters (7-8:30am)								
8:00-9:00am	Masters (7-8:30am)								Aqua Fit (7:30-8:30am)
9:00-10:00am	USA Swim (8:30-11:30am)								Swim School
10:00-11:00am	USA Swim (8:30-11:30am)								Swim School
11:00-12:00pm	USA Swim (8:30-11:30am)								Swim School
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm									
5:00-6:00pm									
Sunday									
7:00-8:00am									
8:00-9:00am	CrossH2O (8-9am)								
9:00-10:00am							Aqua Rhythms (9-10am)		
10:00-11:00am							Swim School (10-10:30am)		
11:00-12:00pm		Glide FIT (11:15am-12:15pm)							
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm									
5:00-6:00pm									
6:00-7:00pm									
7:00-8:00pm									

Lap Swimmers are expected to share lanes and circle swim when asked or needed
 *this schedule is subject to change- effective as of 9/17/19