

LrC Main Pool  
Lap/Activity Schedule

January 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>CLOSED</b>	5:30am - 8am 8 LAP	5:30am - 8:45am 8 LAP	5:30am - 8am 8 LAP	5:30am - 8:45am 8 LAP	5:30am - 8am 8 LAP	<b>CLOSED</b>
	8-9:15am HydroRep (L1-3) 5 LAP (L4-8)	8:45-10am Kick it Up (L1-4) 4 LAP (L5-8)	8-9:15am HiLo (L1-3) 5 LAP (L4-8)	8:45-10am Kick it Up (L1-4) 4 LAP (L5-8)	8-9:15am High Intensity (L1-4) 4 LAP (L5-8)	8am-10am Five Star (L1-6) 2 SL (L7-8)
	9:15-10:30am Deeper Power (L1-4) 4 LAP (L5-8)	10am - 1pm 5 LAP 3 Open Rec	9:15-10:30am 5 LAP	10:30am-12pm Office of Aging (L3-8) 2 LAP (L1-2)	9:30am - 1pm 5 LAP 3 Open Rec	10 - 11PM 2 SL (L7-8) 2 Rockin' Deep 4 LAP (L1-6)
12pm - 4:30 LAP 1-2pm Master's Swim Clinic	10:30am - 1pm 5 LAP 3 Open Rec		12pm-1pm 5 LAP	10am - 1pm 5 LAP 3 Open Rec		11 - 12:30PM 2 SL (L7-8) 6 LAP (L1-6)
<b>4:30-7pm LAP Scuba</b>	1-3pm 5 LAP (L1-5) Homeschool Open Swim (L6-8)	1-3pm 5 LAP (L1-5) Homeschool Open Swim (L6-8)	1-3pm 5 LAP (L1-5) Homeschool Open Swim (L6-8)	1-3pm 5 LAP (L1-5) Homeschool Open Swim (L6-8)	1-3pm 5 LAP (L1-5) Homeschool Open Swim (L6-8)	<b>4 - 7:45pm LAP</b>
	3-3:30pm 8 LAP	3-3:30pm 8 LAP	3-3:30pm 8 LAP	3-3:30pm 8 LAP	3-3:30pm 8 LAP	
	3:30-5pm Five Star (L1-6) 1 LAP (L7) 1 SL (L8)	3:30-5:30pm Five Star (L1-6) 1 LAP (L7) 1 SL (L8)	3:30-5:30pm Five Star (L1-6) 1 LAP (L7) 1 SL (L8)	3:30-5:30pm Five Star (L1-6) 1 LAP (L7) 1 SL (L8)	3:30-5:30pm Five Star (L1-6) 1 LAP (L7) 1 SL (L8)	
	5 - 6:15pm Five Star (L1-6) Rockin' Deep (L7-8) SL (L7-8) <b>NO LAP</b>	5:30 -7pm Five Star (L1-6) SL (L7-8) <b>NO LAP</b>	5 - 6:15pm Five Star (L1-6) Rockin' Deep (L7-8) <b>NO LAP</b>	5:30 -7pm Five Star (L1-6) 2 LAP (L7-8)	3:30-7pm Five Star (L1-6) 2 LAP (L7-8)	
	6:15pm - 7 Five Star (L1-6) 2 LAP (L7-8)		6:15pm - 7 Five Star (L1-6) 2 LAP (L7-8)			
<b>CLOSED</b>	7 - 8:30PM Warwick (L1-6) 2 LAP (L7-8)	7-8:30pm Warwick (L1-6) 2 LAP (L7-8)	7 - 8:30PM Warwick (L1-6) 2 LAP (L7-8)	7-8:30pm Warwick (L1-6) 2 LAP (L7-8)	7 - 8:30PM Warwick (L1-6) 2 LAP (L7-8)	<b>CLOSED</b>
	8:30-9pm MC (L1-6) 2 Lap (L7-8)	8:30-9pm MC (L1-6) 2 Lap (L7-8)	8:30-9pm MC (L1-6) 2 Lap (L7-8)	8:30-9pm MC (L1-6) 2 Lap (L7-8)	8:30-9pm MC (L1-6) 2 Lap (L7-8)	

\*Schedule and pool availability may change based on scheduling needs\*