# Spring 2017
# 50 Meter

| | Apr 17 | | Apr 18 | | Apr 19 | | Apr 20 | | Apr 21 | | Apr 22 | | Apr 23 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
| | Near | Far | Near | Far | Near | Far | Near | Far | Near | Far | Near | Far | Near | Far |
| 6am | **6-8** Swim Team | | **6-3** REC Swim | **6-7:15** Swim Team | **6-8** Swim Team | | **6-3** REC Swim **6-7** SEAL (6) | **6-11** See HG for Availability | **6-8** Swim Team | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7am | | | | | | | | | | | | | | |
| 7:30 | | | | **7:30-9:30** See HG for Availability | | | | | | | | | | |
| 8am | **8-3** REC Swim | **8-11:30** See HG for Availability | | | **8-3** REC Swim | **8-11:30** See HG for Availability | | | **8-3** REC Swim | **8-3** See HG for Availability | **8-9:30** Ags Long Course | | **8-9:30** Ags Long Course | |
| 8:30 | | | | | | | | | | | | | | |
| 9am | | | | | | | | | | | | | | |
| 9:30 | | | | **9:35-10:45** Swimming | | | | | | | | | | |
| 10am | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 11am | | | | **11:10-12:30** Swimming | | | | **11:10-12:30** Triathlon | | | | | | |
| 11:30 | | **11:30-12:20** Swimming | | | | **11:30-12:20** Swimming | | | | | | | | |
| 12pm | | | | | | | | | | | | | | |
| 12:30 | | **12:30-3** See HG for Availability | | **12:30-3** See HG for Availability | | **12:30-3** See HG for Availability | | **12:30-3** See HG for Availability | | | | | | |
| 1pm | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 2pm | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3pm | **3-5:30** Swim Team | | **3-5:30** Swim Team | | **3-5:30** Swim Team | | **3-5:30** Swim Team | | **3-5** Swim Team | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 4pm | | | | | | | | | **4-10:30** Ags Long Course | | | | | |
| 4:30 | | | | | | | | | | | | | | |
| 5pm | | | | | | | | | | | | | | |
| 5:30 | | **5:30-7:30** Ags Swim Club (15) | **5:30-7** Masters **7-11:30** REC Swim | **5:30-7:30** Ags Swim Club (15) | **5:30-7** Masters **7-11:30** REC Swim | **5:30-7:30** Ags Swim Club (15) | **5:30-10:30** Delta Gamma Anchor Splash | **5:30-7:30** Ags Swim Club (15) | | | | | | |
| 6pm | **6-8** Intramural Swim Meet | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7pm | | | | | | | | | | | | | | |
| 7:30 | | **7:30-11:30** See HG for Availability | | **7:30-9** Triathlon | | **7:30-11:30** See HG for Availability | | **7:30-9** Triathlon | | | | | | |
| 8pm | **8-11:30** REC Swim | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9pm | | | | **9-11:30** See HG for Availability | | | | **9-11:30** See HG for Availability | | | | | | |
| 9:30 | | | | | | | | | | | **9:30-10:30** REC Swim | **9:30-10:30** See HG for | **9:30-11:30** REC Swim | **9-11:30** See HG for Availability |
| 10pm | | | | | | | | | | | | | | |
| 10:30 | | | | | | | **10:30-11:30** REC Swim | | | | | | | |
| 11pm | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |

# Spring 2017
# Instructional

| | Apr 17 | Apr 18 | Apr 19 | Apr 20 | Apr 21 | Apr 22 | Apr 23 |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6am | **6-9** | **6-11** | **6-9** | **6-11** | **6-12:30** | | |
| 6:30 | See HG for Availability | See HG for Availability | See HG for Availability | See HG for Availability | See HG for Availability | | |
| 7am | | | | | | | |
| 7:30 | | | | | | | |
| 8am | | | | | | **8-10:30** | |
| 8:30 | | | | | | See HG for Availability | |
| 9am | **9:10-10** | | **9:10-10** | | | | |
| 9:30 | Water Aerobics | | Water Aerobics | | | | |
| 10am | **10-11:30** | | **10-11:30** | | | | |
| 10:30 | See HG for Availability | | See HG for Availability | | | | |
| 11am | | **11:10-12:25** | | **11:10-12:25** | | | |
| 11:30 | **11:30-12:20** | Beginning Swimming | **11:30-12:20** | Beginning Swimming | | | |
| 12pm | Water Aerobics | | Water Aerobics | | | | **12-3:30** |
| 12:30 | **12:40-1:30** | **12:30-5:30** | **12:40-1:30** | **12:30-5:30** | **12:30-2** | | See HG for Availability |
| 1pm | Water Aerobics | See HG for Availability | Water Aerobics | See HG for Availability | Adapted | | |
| 1:30 | **1:30-4:30** | | **1:30-5:30** | | | | |
| 2pm | See HG for Availability | | See HG for Availability | | **2-10:30** | | |
| 2:30 | | | | | See HG for Availability | | |
| 3pm | | | | | | | |
| 3:30 | | | | | | | **3:30-6** |
| 4pm | | | | | | | OA Kayak Rolls |
| 4:30 | **4:30-5:30** | | | | | | |
| 5pm | Recon | | | | | | |
| 5:30 | **5:30-6:30** | **5:30-6:30** | **5:30-6:30** | **5:30-6:30** | | | |
| 6pm | Water Fitness | Water Fitness | Water Fitness | Water Fitness | | | **6-11:30** |
| 6:30 | **6:30-7:30** | **6:30-7:30** | **6:30-7:30** | **6:30-7:30** | | | See HG for Availability |
| 7pm | FitLife | SPLASH | FitLife | FitLife | | | |
| 7:30 | **7:30-8:30** | **7:30-8:30** | **7:30-8:30** | **7:30-8:30** | | | |
| 8pm | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | | | |
| 8:30 | **8:30-10:30** | **8:30-11:30** | **8:30-11:30** | **8:30-11:30** | | | |
| 9pm | OA Kayak Rolls | See HG for Availability | See HG for Availability | See HG for Availability | | | |
| 9:30 | | | | | | | |
| 10pm | | | | | | | |
| 10:30 | **10:30-11:30** | | | | | | |
| 11pm | See HG for Availability | | | | | | |
| 11:30 | | | | | | | |

# Spring 2017
# Lap Pool

| | Apr 17 | Apr 18 | Apr 19 | Apr 20 | Apr 21 | Apr 22 | Apr 23 |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6am | **6-9** | **6-9** | **6-9** | **6-9** | **6-9** | | |
| 6:30 | Rec Swim | Rec Swim | Rec Swim | Rec Swim | Rec Swim | | |
| 7am | | | | | | | |
| 7:30 | | | | | | | |
| 8am | | | | | | **8-8** | |
| 8:30 | | | | | | Rec Swim | |
| 9am | | | | | | | |
| 9:30 | | | | | | | |
| 10am | | | | | | | |
| 10:30 | | | | | | | |
| 11am | **11-8** | **11-8** | **11-8** | **11-8** | **11-8** | | |
| 11:30 | Rec Swim | Rec Swim | Rec Swim | Rec Swim | Rec Swim | | |
| 12pm | | | | | | | **12-8** |
| 12:30 | | | | | | | Rec Swim |
| 1pm | | | | | | | |
| 1:30 | | | | | | | |
| 2pm | | | | | | | |
| 2:30 | | | | | | | |
| 3pm | | | | | | | |
| 3:30 | | | | | | | |
| 4pm | | | | | | | |
| 4:30 | | | | | | | |
| 5pm | | | | | | | |
| 5:30 | **5:30-7** | | | **5:30-7** | **5:30-7** | | |
| 6pm | Masters (2) | | | Masters (2) | Masters (2) | | |
| 6:30 | | | | | | | |
| 7pm | | | | | | | |
| 7:30 | | | | | | | |
| 8pm | | | | | | | |
| 8:30 | | | | | | | |
| 9pm | | | | | | | |
| 9:30 | | | | | | | |
| 10pm | | | | | | | |
| 10:30 | | | | | | | |
| 11pm | | | | | | | |
| 11:30 | | | | | | | |

# Spring 2017
# Dive Well

| | Apr 17 | Apr 18 | | Apr 19 | | Apr 20 | Apr 21 | Apr 22 | Apr 23 |
|---|---|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | | Wednesday | | Thursday | Friday | Saturday | Sunday |
| 6am | **6-8** | **6-8** | **6-7** | **6-8** | **6-7** | **6-8** | **6-8** | | |
| 6:30 | Rec Swim | Rec Swim | NROTC | Rec Swim | STS | Rec Swim | Rec Swim | | |
| 7am | | | | | | | | | |
| 7:30 | | | | | | | | | |
| 8am | **8-9:30** | **8-9:30** | | **8-9:30** | | **8-9:30** | **8-9:30** | **8-9:30** | **8-9:30** |
| 8:30 | Dive Team | Dive Team | | Dive Team | | Dive Team | Dive Team | Ags Long Course | Ags Long Course |
| 9am | | | | | | | | | |
| 9:30 | **9:30-10:15** | **9:35-10:45** | | **9:30-10:15** | | **9:35-10:45** | **9:30-2:30** | | |
| 10am | Rec Swim | Aquatic Majors | | Rec Swim | | Aquatic Majors | Scuba | | |
| 10:30 | **10:20-11:10** | | | **10:20-11:10** | | | | | |
| 11am | Swim Skills | **10:45-2:30** | | Swim Skills | | **11-2:30** | | | |
| 11:30 | **11:30-12:20** | Rec Swim | | **11:30-12:20** | | Scuba | | | |
| 12pm | Intermediate Swimming | | | Intermediate Swimming | | | | | |
| 12:30 | **12:30-2:30** | | | **12:30-2:30** | | | | | |
| 1pm | Rec Swim | | | Rec Swim | | | | | |
| 1:30 | | | | | | | | | |
| 2pm | | | | | | | | | |
| 2:30 | **2:30-4:30** | **2:30-4:30** | | **2:30-4:30** | | **2:30-4:30** | **2:30-4:30** | | |
| 3pm | Dive Team | Dive Team | | Dive Team | | Dive Team | Dive Team | | |
| 3:30 | | | | | | | | | |
| 4pm | | | | | | | | | |
| 4:30 | **4:30-6:15** | **4:30-6:15** | | **4:30-6:15** | | **4:30-6** | **4:30-9:30** | | |
| 5pm | Diving Club | Diving Club | | Diving Club | | Diving Club | Ags Long Course | | |
| 5:30 | | | | | | | | | |
| 6pm | **6:15-8:15** | **6:15-8:15** | | **6:15-8:15** | | **6-8** | | | |
| 6:30 | Water Polo | Water Polo | | Water Polo | | Water Polo | | | |
| 7pm | | | | | | | | | |
| 7:30 | | | | | | | | | |
| 8pm | **8:15-11:30** | **8:15-11:30** | | **8:15-11:30** | | **8-10** | | | |
| 8:30 | Rec Swim | Rec Swim | | Rec Swim | | Scuba | | | |
| 9pm | | | | | | | | | |
| 9:30 | | | | | | | **9:30-10:30** | **9:30-10:30** | **9:30-11:30** |
| 10pm | | | | | | **10-11:30** | Rec Swim | Rec Swim | Rec Swim |
| 10:30 | | | | | | Rec Swim | | | |
| 11pm | | | | | | | | | |
| 11:30 | | | | | | | | | |

# Spring 2017
# Outdoor Pool

| | Apr 17 | Apr 18 | Apr 19 | Apr 20 | Apr 21 | Apr 22 | Apr 23 |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6am | | | | | | | |
| 6:30 | | | | | | | |
| 7am | | | | | | | |
| 7:30 | | | | | | | |
| 8am | | | | | | | |
| 8:30 | | | | | | | |
| 9am | | | | | | | |
| 9:30 | | | | | | | |
| 10am | **10-6** | **10-6** | **10-6** | **10-6** | **10-6** | | |
| 10:30 | Rec Swim | Rec Swim | Rec Swim | Rec Swim | Rec Swim | | |
| 11am | | | | | | | |
| 11:30 | | | | | | | |
| 12pm | | | | | | **12-6** | **12-6** |
| 12:30 | | | | | | Rec Swim | Rec Swim |
| 1pm | | | | | | | |
| 1:30 | | | | | | | |
| 2pm | | | | | | | |
| 2:30 | | | | | | | |
| 3pm | | | | | | | |
| 3:30 | | | | | | | |
| 4pm | | | | | | | |
| 4:30 | | | | | | | |
| 5pm | | | | | | | |
| 5:30 | | | | | | | |
| 6pm | | | | | | | |
| 6:30 | | | | | | | |
| 7pm | | | | | | | |
| 7:30 | | | | | | | |
| 8pm | | | | | | | |
| 8:30 | | | | | | | |
| 9pm | | | | | | | |
| 9:30 | | | | | | | |
| 10pm | | | | | | | |
| 10:30 | | | | | | | |
| 11pm | | | | | | | |
| 11:30 | | | | | | | |