

Spring 2017 50 Meter

	Mar 20		Mar 21		Mar 22		Mar 23		Mar 24		Mar 25		Mar 26			
	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	6-8 Swim Team		6-3 REC Swim	6-7	6-8 Swim Team							
6:30				NROTC (4)				6-7							SEAL (6)	
7am				7-9:30				7-11								
7:30				See HG for Availability				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	8-3 REC Swim	8-3 See HG for Availability	8-11 Swim Team						8-5 Women's Water Polo	
8:30																
9am	9:35-10:45 Swimming		11:10-12:30 Swimming		11:10-12:30 Triathlon		11-10:30 Women's Water Polo									
9:30																
10am	11:30-12:20 Swimming		12:30-3 See HG for Availability		11:30-12:20 Swimming		12:30-3 See HG for Availability									
10:30																
11am	12:30-3 See HG for Availability		3-5:30 Swim Team		3-5:30 Swim Team		3-5:30 Swim Team		3-5:30 Swim Team							
11:30																
12pm	12:30-3 See HG for Availability		3-5:30 Swim Team		3-5:30 Swim Team		3-5:30 Swim Team		3-5:30 Swim Team							
12:30																
1pm	3-5:30 Swim Team		5:30-7 Masters		5:30-7 Masters		5:30-7 Masters		5:30-7 Masters		5-11:30 REC Swim		5-11:30 See HG for Availability			
1:30																
2pm	5:30-7 Masters		5:30-7:30 Ags Swim Club (15)		5:30-7 Masters		5:30-7:30 Ags Swim Club (15)		5:30-7 Masters		5:30-7:30 Ags Swim Club (15)					
2:30																
3pm	7-11:30 REC Swim		7-11:30 REC Swim		7-11:30 REC Swim		7-11:30 REC Swim		7-10:30 REC Swim		7-10:30 See HG for Availability					
3:30																
4pm	7:30-11:30 See HG for Availability		7:30-9 Triathlon		7:30-11:30 See HG for Availability		7:30-9 Triathlon		9-11:30 See HG for Availability							
4:30																
5pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
5:30																
6pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
6:30																
7pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
7:30																
8pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
8:30																
9pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
9:30																
10pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
10:30																
11pm	9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability		9-11:30 See HG for Availability									
11:30																

Spring 2017 Instructional

	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	6-9 See HG for Availability	6-11 See HG for Availability	6-9 See HG for Availability	6-11 See HG for Availability	6-7 CORP (boats allowed)	8-10:30 See HG for Availability	
6:30					7-12:30 See HG for Availability		
7am							
7:30							
8am							
8:30							
9am	9:10-10 Water Aerobics		9:10-10 Water Aerobics				
9:30							
10am	10-11:30 See HG for Availability		10-11:30 See HG for Availability				
10:30							
11am		11:10-12:25 Beginning Swimming		11:10-12:25 Beginning Swimming			
11:30	11:30-12:20 Water Aerobics		11:30-12:20 Water Aerobics				
12pm						12-1 See HG for Availability	
12:30	12:40-1:30 Water Aerobics	12:30-5:30 See HG for Availability	12:40-1:30 Water Aerobics	12:30-5:30 See HG for Availability	12:30-2 Adapted	1-4:15 Kids Swim Lessons	
1pm	1:30-5:30 See HG for Availability		1:30-5:30 See HG for Availability				
1:30					2-3 See HG for Availability		
2pm					3-5 Roll Clinics		
2:30							
3pm							
3:30							
4pm							
4:30	4:30-5:30 Recon						
5pm					5-10:30 See HG for Availability	4:15-11:30 See HG for Availability	
5:30	5:30-6:30 Water Fitness	5:30-6:30 Water Fitness	5:30-6:30 Water Fitness	5:30-6:30 Water Fitness			
6pm							
6:30	6:30-7:30 FitLife	6:30-7:30 See HG for Availability	6:30-7:30 FitLife	6:30-7:30 FitLife			
7pm							
7:30	7:30-8:30 Swim Lessons	7:30-8:30 Swim Lessons	7:30-8:30 Swim Lessons	7:30-8:30 Swim Lessons			
8pm							
8:30	8:30-11:30 See HG for Availability	8:30-10 Rec Scuba	8:30-11:30 See HG for Availability	8:30-11:30 See HG for Availability			
9pm							
9:30							
10pm		10-11:30 See HG for Availability					
10:30							
11pm							
11:30							

Spring 2017 Lap Pool

	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	6-9 Rec Swim	6-9 Rec Swim	6-9 Rec Swim	6-9 Rec Swim	6-9 Rec Swim		
6:30							
7am							
7:30							
8am							
8:30							
9am							
9:30							
10am							
10:30							
11am	11-8 Rec Swim	11-8 Rec Swim	11-8 Rec Swim	11-8 Rec Swim	11-8 Rec Swim		
11:30							
12pm							
12:30							
1pm							
1:30							
2pm							
2:30							
3pm							
3:30							
4pm							
4:30		4-6 (3) NROTC					
5pm							
5:30							
6pm							
6:30							
7pm							
7:30							
8pm							
8:30							
9pm							
9:30							
10pm							
10:30							
11pm							
11:30							

Spring 2017 Outdoor Pool

	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6am										
6:30										
7am										
7:30										
8am										
8:30										
9am										
9:30										
10am										
10:30										
11am										
11:30										
12pm						12-4 Rec Swim	12-4 Rec Swim			
12:30										
1pm										
1:30										
2pm										
2:30										
3pm						3-6 Rec Swim	3-6 Rec Swim	3-6 Rec Swim	3-6 Rec Swim	3-6 Rec Swim
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										

4:30-5:30
CORP(boats
allowed