



# Lap Pool Fall/Winter Schedule 2022-2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am								
5:30am								
6:00am								
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am		Aqua Fitness 9am - 10am						
9:30am								
10:00am								
10:30am								
11:00am								
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm		Jordan Swim Team 3:00pm - 4:30pm						
3:30pm								
4:00pm								
4:30pm		Adv Jr ST 4:30pm - 6pm	Junior 2 ST 4:30pm - 6pm	Adv Jr ST 4:30pm - 6pm	Adv Jr ST 4:30pm - 6pm	Junior 1 & 2 ST 4:30pm - 5:30pm	Adv Jr ST 5pm - 6:30pm	
5:00pm								
5:30pm								
6:00pm		Junior 2 ST 6pm - 7pm	Junior 1 ST 6pm - 7pm	Junior 2 ST 6pm - 7pm				
6:30pm								
7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								
9:30pm								

\*A designated lane will be open for lap swimming at all times.

### Pool Hours

Monday - Friday 5:00 am – 9:30 pm  
 Saturday 6:00 am – 8:30 pm  
 Sunday 8:00am – 4:30 pm

### Pool Rules

**Children 5 and under:** a parent must be in the water and a lifejacket strongly recommended  
**Children 6-12:** must be with an adult  
**Junior Members 12-15:** may use the pool when a lifeguard is on duty or with a parent

