

# MONDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0	
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Deep Water Mix  
9:00-9:50

**AISD**  
(Varsity/Diving)

Walk Up Lap Swim

**AISD**  
(JV Practice)

Deep Water Energy  
12:45-1:30

**AISD**  
(P.E.)

**Metro**

**LTS**

**COAST**

Aqua Fitness  
7:00-8:00

# TUESDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0	
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**AISD**  
(Varsity/Diving)

**Power Splash**  
9:30-10:30

**Walk Up Lap Swim**

**AISD**  
(JV Practice)

**AISD**  
(P.E.)

**Metro**

**Learn to Swim**

**Stroke Clinic**



# WEDNESDAY

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**Deep Water Mix  
9:00-9:50**

**Deep Water Energy  
12:45-1:30**

**Aqua Fitness  
7:00-8:00**

**AISD  
(Varsity/Diving)**

**AISD  
(JV Practice)**

**AISD  
(P.E.)**

**Metro**

**COAST**

**LTS**

**Walk Up Lap Swim**

# THURSDAY

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Power Splash  
9:30-10:30

**AISD**  
(Varsity/Diving)

Walk Up Lap Swim

**AISD**  
(JV Practice)

**AISD**  
(P.E.)

**Metro**

**Learn to Swim**

**Stroke Clinic**

# FRIDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0	
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**AISD**  
(Varsity/Diving)

**Deep Water Mix**  
9:00-9:50

**Walk Up Lap Swim**

**AISD**  
(JV Practice)

**Deep Water Energy**  
12:45-1:30

**AISD**  
(P.E.)

**Metro**

**LTS**

# SATURDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0	
8:00 AM	Walk Up Lap Swim					Metro			Learn to Swim			8:00 AM
8:15 AM												8:15 AM
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11:00 AM	Walk Up Lap Swim					Open Diving			11:00 AM			
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UPDATED 8/25/21										FALL 2021		

# SUNDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0	
1:00 PM	<b>Walk Up Lap Swim</b>					<b>Open Diving</b>						1:00 PM
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UPDATED 8/25/21										FALL 2021		



# Leisure Pool Mon - Wed

## MONDAY

	LANE 3	LANE 2	LANE 1
5:00 AM	<b>Adult Member Swim</b>		
5:15 AM			
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9:00 AM	<b>Functional Fitness</b> 9:00-9:50		
9:15 AM			
9:30 AM			
9:45 AM			
10:00 AM			
10:15 AM	<b>Silver Sneakers: Splash</b> 10:15-11:00		
10:30 AM			
10:45 AM			
11:00 AM			
11:15 AM	<b>Silver Sneakers: Splash</b> 11:15-12:00		
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## TUESDAY

	LANE 3	LANE 2	LANE 1			
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9:00 AM	<b>Adult Member Swim</b>					
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## WEDNESDAY

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9:00 AM	<b>Functional Fitness</b> 9:00-9:50		
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Leisure Pool Thu - Sat

THURSDAY

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FRIDAY

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SATURDAY

	LANE 3	LANE 2	LANE 1
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**ATTENTION:**

The Lazy River will be closed to patrons who are not participating in the River Robics class on the following days and times:

Tuesdays 6:30-7:30pm  
Thursdays 6:30-7:30pm