Lap Pool

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs	Lap Swimming	Aquatic Programs
6:00am														
6:15am	6:10am - 6:40am	6:15am - 8:00am Genesee Valley Masters Practice	6:15am - 7:00am		6:10am - 6:40am	6:15am - 8:00am Genesee Valley Masters Practice	6:15am - 7:00am		6:10am - 6:40am	6:15am - 8:00am Genesee Valley Masters Practice				
6:30am														
6:45am														
7:00am	6:50am - 7:20am				6:50am - 7:20am				6:50am - 7:20am					
7:15am			7:15am - 8:00am				7:15am - 8:00am				7:15am - 8:00am			
7:30am	7:30am - 8:00am				7:30am - 8:00am				7:30am - 8:00am					
7:45am														
8:00am														
8:15am	8:10am - 8:55am				8:10am - 8:55am				8:10am - 8:55am		8:10am - 8:55am			
8:30am				8:25 - 9:10am Aqua Fit				8:25 - 9:10am Aqua Fit						
8:45am														
9:00am		9:00 - 10:00am Total Body Aqua Size				9:00 - 10:00am Heat Up The Pool				9:00 - 10:00am Total Body Aqua Size		9:00am - 12:00pm Private Swim Lessons		
9:15am			9:15am - 10:00am				9:15am - 10:00am						9:15am - 10:00am	
9:30am														
9:45am														
10:00am				10:00 - 11:00am Intro to Competitive Swim Training		10:05 - 11:00am Lets Get Moving Aqua Aerobics		10:00 - 11:00am Intro to Competitive Swim Training		10:05 - 11:00am Lets Get Moving Aqua Aerobics				
10:15am														
10:30am														
10:45am														
11:00am	11:00am - 11:45am		11:00am - 11:45am		11:05am - 11:50am		11:00am - 11:45am		11:05am - 11:50am				11:00am - 11:45am	
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5:15pm		5:25 - 6:00pm Private Swim Lessons												
5:30pm														
5:45pm														
6:00pm				6:00 - 6:45pm Deep Water Challenge				6:00 - 6:45pm Aqua Boot Camp						
6:15pm														
6:30pm														
6:45pm														
7:00pm														