Lap/Instructional Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:00AM-7:40AM 2 lanes Pool Lap Swim	6:00AM-7:30AM 2 lanes Pool Lap Swim	6:00AM-7:40AM 2 lanes Pool Lap Swim	6:00AM-7:40AM 2 lanes Pool Lap Swim	6:00AM-7:40AM 2 lanes Pool Lap Swim	Closed
9:00AM-9:45AM Lap Swim	6:00AM-7:30AM 4 lanes G.V. Masters Swim	6:00AM-7:30AM 4 lanes G.V. Masters Swim	6:00AM-7:30AM 4 lanes G.V. Masters Swim	6:00AM-7:30AM 4 lanes G.V. Masters Swim	6:00AM-7:30AM 4 lanes G.V. Masters Swim	7:00AM-9AM Lap Swim
9:45AM-12:00PM 1/2 Lap Swim; 1/2 Private Lessons	7:30AM-8:55AM Lap Swim	7:30AM-8:30AM Into to Swim Training	7:30AM-8:55M Lap Swim	7:30AM-8:30AM Lap Swim	7:30AM-8:55AM Lap Swim	9:00M-12:00PM Closed for Lessons starting 1/22
	9:00AM-10:00AM Total Body Aqua	8:35AM-9:20AM Aqua Fit	9:00AM-10:00AM Heat Up the Pool	8:30AM-9:30AM Intro to Swim Training	9:00AM-10:00AM Dual Aqua Aerobics	
12:00PM-5:00PM Open Swim/Groups	10:05AM-4PM Adult Lap	9:30AM-4:00PM Adult Lap Swim	10:00AM-11:00AM Let's Get Moving	9:45AM-4:00PM Adult Lap Swim	10:00AM-11:00AM Let's Get Moving	12:00PM-5:00PM Open Swim/Groups
			11:05AM-4:00PM Lap Swim		11:05AM-4:00PM Lap Swim	
	4:15PM-7:00PM 1/2 Lap Swim 1/2 Private Lessons	4:15PM-6:30PM Closed for Lessons	4:15PM-6PM 1/2 Lap Swim 1/2 Private Lessons	4:15PM-6:30PM Closed for Lessons	4:15PM-6:00PM 1/2 Lap Swim 1/2 Private Lessons	
		6:00PM-6:45PM Deep Water Challenge		6:00PM-6:45PM Deep Water Challenge		
Closed	7:00PM-8:00PM Lap Swim	6:45PM-8:30PM 1/2 Pool Syncronized Swim 1/2 Lap Swim	6:00PM-8:00PM 1/2 Pool Syncronized Swim 1/2 Lap Swim	6:45PM-8:00PM Lap Swim	6:00PM-8:00PM Lap Swim	Closed

Highlighted times indicate pool closure. Lane lines/ICEBERG vary based on facility use. Schedule subject to change; check website for updates:
http://www.perinton.org/departments/recreation/schedules