

Lane Schedule January 17-February 6, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
	6:30am-8:00am Lap Swim	6:30am-8:00am Lap Swim	6:30am-8:00am Lap Swim	6:30am-8:00am Lap Swim	
	8:00am-9:00am Adult Swim (3 Lanes) Lap Swim 5 Lanes Open	8:00am-9:00am Adult Swim (3 Lanes) Lap Swim 5 Lanes Open	8:00am-9:00am Adult Swim (3 Lanes) Lap Swim 5 Lanes Open	8:00am-9:00am Adult Swim (3 Lanes) Lap Swim 5 Lanes Open	
	9:00am-10:00am Lap Swim	9:00am-10:00am Lap Swim	9:00am-10:00am Deep Water Aerobics with Kim (3 Lanes) Lap Swim 4 Lanes Open	9:00am-10:00am Lap Swim	
10:00am-12:00pm Lap Swim	10:30am-11:30am Open Swim (3 Lanes) Lap Swim 5 Lanes Open	10:30am-11:30am Deep Water Aerobics with Kathy (3 Lanes) Lap Swim 4 Lanes Open	10:30am-11:30am Open Swim (3 Lanes) Lap Swim 5 Lanes Open	10:30am-11:30am Deep Water Aerobics with Kathy (3 Lanes) Lap Swim 4 Lanes Open	10:00am-12:00pm Swim Lessons (3 Lanes) Lap Swim 5 Lanes
12:00pm-1:00pm Adult Swim (3 Lanes)	11:30am-1:00pm Adult Swim (4 Lanes)	11:30am-12:30pm Arthritis Foundation with Kathy (3 Lanes)	11:30am-12:30pm Water Fitness For Everyone with Kim (3 Lanes)	11:30am-12:30pm Arthritis Foundation with Kathy (3 Lanes)	12:00pm-1:00pm Adult Swim (3 Lanes)
		11:30am-1:00pm Adult Swim (1 Lane) Lap Swim 4 Lanes Open	11:30am-1:00pm Adult Swim (1 Lane) Lap Swim 4 Lanes Open	11:30am-1:00pm Adult Swim (1 Lane) Lap Swim 4 Lanes Open	
1:00pm-4:00pm Recreational Swim	1:00pm-3:00pm Lap Swim	1:00pm-4:00pm Lap Swim	1:00pm-3:00pm Lap Swim	1:00pm-4:00pm Lap Swim	1:00pm-4:00pm Recreational Swim
	3:00pm-4:00pm Open Swim (3 Lanes) Lap Swim 4 Lanes Open		3:00pm-4:00pm Open Swim (3 Lanes) Lap Swim 4 Lanes Open		
	4:00pm-6:00pm Sea Dragons (4 Lanes) Lap Swim 3 Lanes Open	4:00pm-6:00pm Sea Dragons (4 Lanes) Lap Swim 3 Lanes Open	4:00pm-6:00pm Sea Dragons (4 Lanes) Lap Swim 3 Lanes Open	4:00pm-6:00pm Sea Dragons (4 Lanes) Lap Swim 3 Lanes Open	
	5:00pm-6:30pm Swim Lessons (1 Lane)	5:00pm-6:30pm Swim Lessons (1 Lane)	5:00pm-6:30pm Swim Lessons (1 Lane)	5:00pm-6:30pm Swim Lessons (1 Lane)	
	6:00pm-6:30pm Lap Swim 7 Lanes Open	6:00pm-6:30pm Lap Swim 7 Lanes Open	6:00pm-6:30pm Lap Swim 7 Lanes Open	6:00pm-6:30pm Lap Swim 7 Lanes Open	

Program Descriptions

Lap Swim: This is an opportunity for swimmers to train and exercise in the lap pool. Lanes are shared and circle swimming is required in lanes with three or more swimmers. There is not a minimum age requirement, but participants must be swimming laps or exercising in a lane. Lane availability is subject to program use and lane rentals. There are usually 3-8 lanes available. See the other side for more information.

Monday—Thursday: 6:30am-6:30pm

Saturday & Sunday: 10:00am-1:00pm

Adult Swim: Adults use the lap pool the way you like: stretching, water exercise, light swimming, or relaxation. Space available varies depending on other programs. (16+) only. 3-4 lap lanes will be made open for this swim. One lane during Tuesday, Wednesday, Thursday: 11:30am-12:30pm fitness class time.

Sunday: 12:00pm-1:00pm

Monday: 8:00am-9:00am, 11:30am-1:00pm

Tuesday, Wednesday, Thursday: 8:00am-9:00am, 11:30am-1:00pm

Saturday: 12:00pm-1:00pm

***Open Swim:** 3 lanes of the leisure pool are open to anyone for recreational or fitness swimming during this time. There will be a rope put in to divide deep and shallow areas.

Monday & Wednesday: 10:30am-11:30am, 3:00pm-4:00pm

***Recreational Swim:** The entire lap pool is open for recreational swimming. The pool will be divided into different areas, shallow swim, deep swim, diving board, and aquatic log.

Saturday & Sunday: 1:00pm-2:20pm or 2:40pm-4:00pm

***Reservations are recommended as capacity is limited for Open Swim and Recreational Swim.**

Walk-ins are welcome if space is still available.

A reservation system has been put in place for the Swim Slide Splash and Open Swim times.

Same day reservations only. No future day reservations.

Starting at 9am reservations can be made for that day by phone (707-964-9446) or in person.

Non-Members will need to pay for their swim at the time of reserving.

Reservations are non-refundable.

Reservations are free for members.

If a member makes a reservation and does not attend, a penalty drop-in fee will be placed on their account.

Members will not be able to make additional reservations until the fee is paid.

Walk-ins will be accepted if the capacity has not been met with reservations.