



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>★ Limited Space/Laps ASW Adult Swim Workout EX Self-directed Exercise EX-D Exercise (Deep End) EX-S Exercise (Shallow End) LES Lessons</p>	<p>OP Open Swim OP-D Open Swim (Deep End) OP-S Open Swim (Shallow End) LY Laps (Yards)</p> <p>Updated: 9/30/19</p>	<p>1 630A-700A LY/EX/OP 700A-800A LY ★/EX ★/ASW 800A-845P LY/EX/OP</p>	<p>2 830A-530P LY/EX/OP 530P-700P LY ★/LES/EX-D 700P-845P LY/EX/OP</p>	<p>3 630A-700A LY/EX/OP 700A-800A LY ★/EX ★/ASW 800A-845P LY/EX/OP</p>	<p>4 830A-845P LY/EX/OP</p>	<p>5 900A-1000A LY/EX/OP 1000A-1100A LY ★/LES/EX-D 1100A-445P LY/EX/OP</p>
<p>6 1100A-445P LY/EX/OP</p>	<p>7 830A-530P LY/EX/OP 530P-730P LY ★/LES/EX-D 730P-845P LY/EX/OP</p>	<p>8 630A-600P LY/EX/OP 600P-730P LY ★/LES/OP 730P-845P LY/EX/OP</p>	<p>9 830A-530P LY/EX/OP 530P-800P LY ★/LES/EX-D 800P-845P LY/EX/OP</p>	<p>10 630A-600P LY/EX/OP 600P-730P LY ★/LES/OP 730P-845P LY/EX/OP</p>	<p>11 830A-845P LY/EX/OP</p>	<p>12 900A-1000A LY/EX/OP 1000A-1100A LY ★/LES/EX-D 1100A-445P LY/EX/OP</p>
<p>13 1100A-445P LY/EX/OP</p>	<p>14 830A-530P LY/EX/OP 530P-730P LY ★/LES/EX-D 730P-845P LY/EX/OP</p>	<p>15 630A-1100A Pool Closed 1100-600P LY/EX/OP 600P-730P LY ★/LES/OP 730P-845P LY/EX/OP</p>	<p>16 830A-530P LY/EX/OP 530P-800P LY ★/LES/EX-D 800P-845P LY/EX/OP</p>	<p>17 630A-600P LY/EX/OP 600P-730P LY ★/LES/OP 730P-845P LY/EX/OP</p>	<p>18 830A-845P LY/EX/OP</p>	<p>19 900A-1000A LY/EX/OP 1000A-1100A LY ★/LES/EX-D 1100A-445P LY/EX/OP</p>
<p>20 1100A-445P LY/EX/OP</p>	<p>21 830A-530P LY/EX/OP 530P-730P LY ★/LES/EX-D 730P-845P LY/EX/OP</p>	<p>22 630A-600P LY/EX/OP 600P-845P LY ★/SL/EX/OP</p>	<p>23 830A-530P LY/EX/OP 530P-800P LY ★/LES/EX-D 800P-845P LY/EX/OP</p>	<p>24 630A-600P LY/EX/OP 600P-845P LY ★/SL/EX/OP</p>	<p>25 830A-845P LY/EX/OP</p>	<p>26 900A-1000A LY/EX/OP 1000A-1100A LY ★/LES/EX-D 1100A-445P LY/EX/OP</p>
<p>27 1100A-445P LY/EX/OP</p>	<p>28 830A-530P LY/EX/OP 530P-730P LY ★/LES/EX-D 730P-845P LY/EX/OP</p>	<p>29 630A-845P LY/EX/OP</p>	<p>30 830A-530P LY/EX/OP 530P-800P LY ★/LES/EX-D 800P-845P LY/EX/OP</p>	<p>31 630A-845P LY/EX/OP</p>		