



SBRC Lap Pool

September 19th- September 30th

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim						
6:30am	4 lanes open 6:30-7:30 FHS Preseason						
7:00am							
7:30am							
8:00am						Lap Swim 8:00-9:30	Lap Swim 8:00-10:00
8:30am		Lap Swim 6:00-12:30		Lap Swim 6:00-12:30			
9:00am						5 lanes open	
9:30am							
10:00am							
10:30am			Lap Swim 6:00-4:00		Lap Swim 6:00-4:00	2 lanes open 10:00-1:00 Scuba 9/24 only	2 lanes open 10:00-1:00 Scuba 9/25 only
11:00am	Lap Swim 7:30-4:00						
11:30am							
12:00pm							
12:30pm		3 lanes open 12:30-1:30 H ₂ O Fitness		3 lanes open 12:30-1:30 H ₂ O Fitness			
1:00pm							
1:30pm							Lap Swim
2:00pm							
2:30pm		Lap Swim 1:30-4:00		Lap Swim 1:30-4:00		Lap Swim	2 lanes open 2:00-4:00 Open Swim w/ Diving Board!
3:00pm							
3:30pm							
4:00pm	2 lanes open 4:00-5:00 FHS Preseason	2 lanes open 4:00-5:00 FHS Preseason	2 lanes open 4:00-5:00 FHS Preseason	2 lanes open 4:00-5:00 FHS Preseason	2 lanes open 4:00-5:00 FHS Preseason		Lap Swim
4:30pm							
5:00pm	Lap Swim		Lap Swim				
5:30pm		Lap Swim 5:00-7:00		Lap Swim 5:00-7:00	Lap Swim 5:00-7:30		
6:00pm							
6:30pm	2 lanes open 5:45-8:30 Synchro		2 lanes open 5:45-8:30 Synchro				
7:00pm		2 lanes open 7:00-8:30 Water Polo		2 lanes open 7:00-8:30 Water Polo			
7:30pm							
8:00pm							
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

9/19 FHS Preseason starts; 9/26 FHS extends to 4:00-5:30pm weekdays

9/22 Boulder Dive Team in 2 lanes 8:30-11:30

9/24 Scuba in 2 lanes 2:00-3:30