



SBRC Lap Pool

October

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	2 lanes open		2 lanes open			
6:30am	4 lanes open 6:30-7:30 FHS Swim Team	6:00-7:00 BAM		6:00-7:00 BAM			
7:00am							
7:30am							
8:00am						Lap Swim 8:00-9:30	Lap Swim 8:00-10:00
8:30am							
9:00am		Lap Swim 7:00-12:30		Lap Swim 7:00-12:30		2 lanes open	
9:30am							
10:00am			Lap Swim 6:00-3:45		Lap Swim 6:00-3:45	2 lanes open 10:00-1:00 Scuba or Synchro Alternating Weekly	2 lanes open 10:00-1:00 Scuba 10/9 & 10/23
10:30am							
11:00am	Lap Swim 7:30-3:45						
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							Lap Swim
1:30pm							
2:00pm		Lap Swim 1:30-3:45		Lap Swim 1:30-3:45		Lap Swim	2 lanes open 2:00-4:00 Open Swim w/ Diving Board!
2:30pm							
3:00pm							
3:30pm							
4:00pm	0 lanes open 3:45-5:45 FHS Swim Team	0 lanes open 3:45-5:45 FHS Swim Team	0 lanes open 3:45-5:45 FHS Swim Team	0 lanes open 3:45-5:45 FHS Swim Team	0 lanes open 3:45-5:45 FHS Swim Team		Lap Swim
4:30pm							
5:00pm							
5:30pm							
6:00pm		2 lanes open 6:00-7:00 BAM		2 lanes open 6:00-7:00 BAM	4 lanes open 6:00-7:00 Rev Running		
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	Lap Swim		
7:30pm							
8:00pm							
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
8:30pm							

FHS Swim Team 4:00-5:30 with 2 lanes open 10/3 through 10/7