



SBRC Lap Pool

November

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	Lap Swim	2 lanes open	Lap Swim		
6:30am	4 lanes open	6:00-7:00 BAM	3 lanes open	6:00-7:00 BAM	3 lanes open		
7:00am	6:30-7:30 FHS Swim Start 11/7	3 lanes open	6:30-7:30 FHS Start 11/9	3 lanes open	6:30-7:30 FHS Start 11/11		
7:30am		7:00-7:45 Start 11/8		7:00-7:45 Start 11/10			
8:00am						Lap Swim	
8:30am						8:00-9:00	Lap Swim
9:00am						3 lanes open	8:00-10:00
9:30am						2 lanes open	
10:00am		Lap Swim		Lap Swim		2 lanes open	2 lanes open
10:30am		7:45-12:30		7:45-12:30		10:00-1:00	10:00-1:00
11:00am	Lap Swim		Lap Swim		Lap Swim	Scuba or	Scuba
11:30am	7:30-3:45		7:30-3:45		7:30-3:45 (NOTE Nov 25th pool opens at 8:00 am)	Synchro	11/6 & 11/13
12:00pm						Alternating	
12:30pm		3 lanes open		3 lanes open		Weekly	
1:00pm		12:30-1:30 H ₂ O Fitness		12:30-1:30 H ₂ O Fitness			Lap Swim
1:30pm							
2:00pm		Lap Swim		Lap Swim		Lap Swim	2 lanes open
2:30pm		1:30-3:45		1:30-3:45		1:00-4:30	2:00-4:00
3:00pm							Open Swim w/ Diving Board!
3:30pm							Lap Swim
4:00pm	0 lanes open	0 lanes open	0 lanes open	0 lanes open	0 lanes open		
4:30pm	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS		
5:00pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:30pm							
6:00pm		2 lanes open	2 lanes open	2 lanes open	3 lanes open		
6:30pm	2 lanes open	6:00-7:00 BAM	5:45-8:30 Synchro	6:00-7:00 BAM	6:00-7:00 Rev Running		
7:00pm	5:45-8:30 Synchro	2 lanes open		2 lanes open	Lap Swim		
7:30pm		7:00-8:30 Water Polo		7:00-8:30 Water Polo			
8:00pm							
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

11/5 and 11/19 BFD Dive Team in 2 lanes 1:30-3:30PM

11/27 BFD Dive Team in 2 lanes 8:00-11:00AM

FHS in all lanes 11/7 Mon-Fri and 3 lanes 9-10AM on 11/19 and 11/26

11/10 2 lanes 9:30-12:30 pm +11/19 and 11/20 Weavers Dive in 2 lanes 1:00-4:00 pm