NOVEMBER INDOOR POOL HOURS

MON	6AM – 11AM	6 lanes open
	11AM-12PM	**Suspension Class** double wide, 4 lanes open
	12PM – 4PM	**PROACTION PT** 1 lane, 5 lanes open
	4PM – 6PM	**SWIM LESSONS** double wide, 4 lanes open
	6PM - 8PM	**SEA DEVILS** 4 lanes, 2 lanes open
	8PM – 8:45PM	6 lanes open
TUE	6AM – 9AM	6 lanes open
	9AM-11AM	**Preschool Swim Lessons** double wide, 4 lanes open
	11AM – 12PM	**AQUA AEROBICS** quadruple wide, 2 lanes open
	12PM – 1PM	**ST. COLETTA'S** 2 lanes, 4 lanes open
	1PM– 4PM	6 lanes open
	4PM – 6PM	**FAMILY SWIM** double wide, 4 lanes open
	6PM – 8PM	**KSAC** 3 lanes, 3 lanes open
	8PM-8:45PM	6 lanes open
WED	6AM – 9:30AM	6 lanes open
	9:30AM – 1:30PM	**PROACTION PT** 1 lane, 5 lanes open
	1:30PM – 4PM	6 lanes open
	4PM – 6PM	**FAMILY SWIM** double wide, 4 lanes open
	6PM – 8PM	**SEA DEVILS** 4 lanes, 2 lanes open
	8PM-8:45PM	6 lanes open
THU	6AM – 11AM	6 lanes open
	11AM – 12PM	**AQUA AEROBICS** quadruple wide, 2 lanes open
	12PM – 1PM	**ST. COLETTA'S** 2 lanes, **PROACTION PT** 1 lane, 3 lanes open
	1PM – 4PM	**PROACTION PT** 1 lane, 5 lanes open
	4PM – 6PM	**SWIM LESSONS** double wide**,** 4 lanes open
	6PM – 8PM	**KSAC** 3 lanes, 3 lanes open
	8PM – 8:45PM	6 lanes open
FRI	6AM – 9:30AM	6 lanes open
	9:30AM – 1:30PM	**PROACTION PT** 1 lane, 5 lanes open
	1:30PM – 4PM	6 lanes open
	4PM – 6PM	**FAMILY SWIM** double wide, 4 lanes open
	6PM – 8PM	**SEA DEVILS** 4 lanes, 2 lanes open
	8PM – 8:45PM	6 lanes open
SAT	7AM – 9:30AM	6 lanes open
	9:30AM – 10:30AM	**FAMILY SWIM** double wide, 4 lanes open
	10:30AM – 12:30PM	**CLOSED FOR GUDELSKY SWIM PROGRAM**
	12:30PM-1PM	6 lanes open
	1PM – 2:30PM	**SPORTS PLUS**, 3 lanes, 3 lanes open
	2:30PM – 5PM	**SPORTS PLUS** 3 lanes, **FAMILY SWIM** 3 lanes
	5PM – 8:45PM	6 lanes open
SUN	7AM – 9AM	6 lanes open
	9AM – 11AM	**SWIM LESSONS** triple wide, 3 lanes open
	11AM – 12PM	**CLOSED FOR LESSONS** & **FAMILY SWIM**
	12PM – 2PM	6 lanes open
	2PM – 3PM	**SWIM LESSONS** triple wide, 3 lanes open
	3PM – 4PM	**FAMILY SWIM** double wide, 4 lanes open
	4PM – 8:45PM	6 lanes open

"lanes open" - *These lanes are open to all including lap swimmers, water joggers, private swim lessons.*

THE CAPITOL SEA DEVILS