

General Lap Pool Schedule

June 10 - Aug 16



THE HILLS
SWIM & TENNIS CLUB

<u>Monday and Friday</u>	
5:00am - 6:00am	Lap Swim (6 lanes)
6:00am - 7:30am	Adult Swim Class (4 lanes) Lap Swim (2 lanes)
7:30am - 9:00am	Lap Swim (6 lanes)
9:00am - 10:00am	Water Aerobics (deep + 1 lane) Lap Swim (5 lanes)
10:00am - 12:00pm	Lap Swim (4-5 lanes) Swim Lessons (1 -2 lanes)
12:00pm - 3:00pm	Lap Swim (4-5 lanes) Family Swim (1 -2 lanes)
3:00pm - 4:00pm	Swim Lessons (1 lane) Lap Swim (3-4 lanes) Family Swim (1 -2 lanes)
4:00pm - 7:00pm	Swim Team/Lessons (4 lanes) Lap Swim (2 lanes)
7:00pm - 10:00pm	Lap Swim (4-6 lanes) Family Swim (0-2 lanes)

<u>Wednesday</u>	
5:00am - 6:00am	Lap Swim (6 lanes)
6:00am - 7:30am	Adult Swim Team (4 lanes) Lap Swim (2 lanes)
7:30am - 9:00am	Lap Swim (6 lanes)
9:00am - 10:00am	Water Aerobics (deep + 1 lane) Lap Swim (3-4 lanes)
10:00am - 12:00pm	Lap Swim (4-5 lanes) Swim Lessons (1 -2 lanes)
12:00pm - 3:00pm	Lap Swim (4-5 lanes) Family Swim (1 -2 lanes)
3:00pm - 4:00pm	Swim Lessons (1 lane) Lap Swim (3-4 lanes) Family Swim (1 -2 lanes)
4:00pm - 7:00pm	Swim Team/Lessons (4 lanes) Lap Swim (2 lanes)
7:00pm - 8:00pm	Lifeguard In-Service Training Lap Swim (4-5 lanes)
8:00pm - 10:00pm	Lap Swim (4-6 lanes) Family Swim (0-2 lanes)

<u>Tuesday and Thursday</u>	
5:00am - 6:00am	Lap Swim (6 lanes)
6:00am - 7:30am	Swim Team (4 lanes) Lap Swim (2 lanes)
7:30am - 12:00pm	Lap Swim (6 lanes)
12:00pm - 3:00pm	Lap Swim (4-5 lanes) Family Swim (1 -2 lanes)
3:00pm - 4:00pm	Swim Lessons (1 lane) Lap Swim (3-4 lanes) Family Swim (1 -2 lanes)
4:00pm - 7:15pm	Swim Team (4 lanes) Lap Swim (2 lanes)
7:00pm - 10:00pm	Lap Swim (4-6 lanes) Family Swim (0-2 lanes)

<u>Saturday</u>	
7:00am - 12:00pm	Lap Swim (6 lanes)
12:00pm - 10:00pm	Family swim (2-3 lanes) Lap Swim (3-4 lanes)

<u>Sunday</u>	
7:00am - 10:00am	Lap Swim (6 lanes)
9:00am - 10:00am	Water Aerobics (deep + 1 lane) Lap Swim (5 lanes)
10:00am - 12:00pm	Lap Swim (6 lanes)
12:00pm - 10:00pm	Family swim (2-3 lanes) Lap Swim (3-4 lanes)

*** Please note that private swim lessons may use one lap lane during lap swim time.

*** During swim lesson time the classes may also take place in the recreation pool.