

## ARC Lap Pool Schedule August

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
6:30 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
7:00 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
7:30 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
8:00 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
8:30 AM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	Closed	Closed
9:00 AM	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	6 Lanes	Closed
9:30 AM	3 Lanes	3 Lanes	3 Lanes	3 Lanes	Glide Fit/	6 Lanes	Closed
10:00 AM	3 Lanes	3 Lanes	3 Lanes	3 Lanes	2 Lanes	6 Lanes	Closed
10:30 AM	3 Lanes	3 Lanes	3 Lanes	3 Lanes	2 Lanes	6 Lanes	Closed
11:00 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	6 Lanes	6 Lanes
11:30 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	6 Lanes	6 Lanes
12:00 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	6 Lanes
12:30 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	6 Lanes
1:00 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	2 Lanes
1:30 PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes
2:00 PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes
2:30 PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes
3:00 PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes
3:30 PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes
4:00 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	2 Lanes
4:30 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	2 Lanes
5:00 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	2 Lanes
5:30 PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	2 Lanes	2 Lanes
6:00 PM	Masters/	6 Lanes	2 Lanes	Masters/	2 Lanes	2 Lanes	2 Lanes
6:30 PM	1 Lane	6 Lanes	2 Lanes	1 Lane	2 Lanes	2 Lanes	Closed
7:00 PM	1 Lane	Kayaking/	2 Lanes	1 Lane	2 Lanes	2 Lanes	Closed
7:30 PM	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
8:00 PM	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
8:30 PM	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	Closed	Closed
9:00 PM	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	Closed	Closed

Lap lanes are for SHARING and sharing may sometimes be required.

### DIVING BOARD SCHEDULE - \*Subject to Change at Lifeguard's Discretion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1:30-3:45pm	1:30-3:45pm	1:30-3:45pm	1:30-3:45pm	1:30-3:45pm	12:00-7:45pm	1:00-5:45pm
	7:30-8:45pm		7:30-8:45pm	7:30-8:45pm	6:00-8:45pm		

**Water Aerobics:** Monday through Friday - 9:30am-10:30am (2-3 Lanes Available)

**Masters Swim Practice:** Monday and Thursday - 6pm-7:30pm (1 Lane Available)

**Kayaking:** Tuesday - 7:00-8:30pm (No Lap Pool Available)

**Glide Fit:** Friday - 9:30-10:30am (2 Lanes Available)

**Attention:**

Family Pool Programs: Monday - Friday 8:30-12:30pm

Friday, August 23rd: Entire 2nd Grade