

## ARC Lap Pool Schedule

# January

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
6:30 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
7:00 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
7:30 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
8:00 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
8:30 AM	4 Lanes	1 Lane	4 Lanes	1 Lane	4 Lanes	Closed	Closed
9:00 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Glide Fit/	2 Lanes	Closed
9:30 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
10:00 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
10:30 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 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	No Lanes	No Lanes	No Lanes	No Lanes	No Lanes	2 Lanes	2 Lanes
4:30 PM	No Lanes	No Lanes	No Lanes	No Lanes	No Lanes	2 Lanes	2 Lanes
5:00 PM	No Lanes	No Lanes	No Lanes	No Lanes	No Lanes	2 Lanes	2 Lanes
5:30 PM	No Lanes	No Lanes	No Lanes	No Lanes	No Lanes	2 Lanes	2 Lanes
6:00 PM	Masters/	2 Lanes	6 Lanes	Masters/	2 Lanes	2 Lanes	2 Lanes
6:30 PM	1 Lane	Glide Fit/	6 Lanes	1 Lane	2 Lanes	2 Lanes	Closed
7:00 PM	1 Lane	2 Lanes	No Lanes	1 Lane	2 Lanes	2 Lanes	Closed
7:30 PM	2 Lanes	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
8:00 PM	2 Lanes	2 Lanes	No Lanes	2 Lanes	2 Lanes	2 Lanes	Closed
8:30 PM	2 Lanes	2 Lanes	No Lanes	2 Lanes	2 Lanes	Closed	Closed
9:00 PM	2 Lanes	2 Lanes	No 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
	1:30-4pm	1:30-4pm	1:30-4pm	1:30-4pm	1:30-3pm	12:00-7:45pm	1:00-5:45pm
	7:30-8:45pm	7:45-8:45pm		7:30-8:45pm	7:30-8:45pm		

**Water Aerobics:** Monday through Thursday - 9:00 - 10:00am & Friday 9:30-10:00am (2 Lanes Available)

**Masters Swim Practice:** Monday and Thursday - 6:00-7:30pm (1 Lane Available)

**Swim Team Practice:** Monday through Friday 4:00-6:00pm (No Lanes Available)

Tuesday and Thursday 6:00-8:30am (1 Lane Available)

Wednesday - 2:30-4:00pm (2 Lanes)

**High School Swim Practice:** Monday, Wednesday, and Friday - 6:00-8:30am (2 Lanes)

Wednesday - 2:30-4:00pm (2 Lanes)

**Glide Fit:** Tuesday- 6:30-7:30 pm (2 Lanes Available)

Friday - 9:30 - 10:00 am (2 Lanes Available)

**Water Polo:** Wednesday - 6:00 - 7:30pm (NO Lap Pool Available)

### **Important Dates:**

**January 18th:** High School Swim Meet - 3:00pm - 9:00pm

**(NO Lap Pool, Hot Tub, Water Features Available)**

**January 19th:** Reduced Hours - 9:00am - 4:00pm - Entire building closed