

LAP POOL SCHEDULE - LaCrest Health Center*

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30	Open Swim		Open Swim		Open Swim		
7:00	↓		↓		↓		
8:00	↓		↓		↓		
8:30	↓	PT	↓	PT	↓		
9:00	↓		↓	↓	↓	Open Swim	Open Swim
9:15	Hydrotrim	↓	Hydrotrim	↓	Hydrotrim	9:00-11:30	9:00-11:30
9:30	9:30-10:15	↓	9:30-10:15	↓	9:30-10:15	↓	↓
10:00	Open Swim	↓	Open Swim	↓	Open Swim	↓	↓
10:30	↓	↓	↓	↓	↓	↓	↓
11:00	↓	↓	↓	↓	↓	↓	↓
11:30	Closes 12:00	↓	Closes 12:00	↓	Closes 12:00	↓	↓
12:00					PT		
12:30					↓		
1:00					↓		
1:30					↓		
2:00	PT	PT	PT	PT			
2:30	↓	↓	↓	↓			
3:00	↓	↓	↓	↓			
3:30	↓	↓	↓	↓			
4:00							
4:30	Open Swim		Open Swim				
5:00	↓						
5:30			Aqua Fuzion				
6:00			6:00-6:45				
6:30		PT	Closes 6:45	PT			
7:00	4:30-8:00	↓		↓			
7:30		↓		↓			
8:00							
9:00							

KEY: **PT** = Physical Therapy Use Only **Open Swim** = Free Swimming Time

Private Swim Lessons now available!