## Carla Madison Lap Pool Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| **Lap Swim**  
8 Lanes Open  
5:30AM-8:00AM | **Lap Swim**  
8 Lanes Open  
5:30AM-3:30PM | **Lap Swim**  
8 Lanes Open  
5:30AM-8:00AM | **Lap Swim**  
8 Lanes Open  
5:30AM-6:00PM | **Lap Swim**  
8 Lanes Open  
5:30AM-7:30PM | Aquatics Facility Opens at 8:00AM | Aquatics Facility Opens at 8:00AM |
| **Shallow Water Aerobics**  
4 Lanes Open  
8:00AM-9:00AM | **L.A.P.S Lifeguard Prep**  
6 Lanes Open  
3:30PM-4:30PM | **Shallow Water Aerobics**  
4 Lanes Open  
8:00AM-9:00AM | **BOGA HIIT Session 1**  
Class ends Sept. 27th  
2 Lanes Open  
6:00PM-6:40PM | Aquatics Facility Closes at 7:30PM | Lap Swim  
8 Lanes Open  
8:00AM-1:00PM | Lap Swim  
8 Lanes Open  
8:00AM-9:00AM |
| **Deep Water Aerobics**  
4 Lanes Open  
9:00AM-10:00AM | **Lap Swim**  
8 Lanes Open  
4:30PM-5:45PM | **Deep Water Aerobics**  
4 Lanes Open  
9:00AM-10:00AM | **BOGA HIIT Session 2**  
Class ends Sept. 27th  
2 Lanes Open  
6:45PM-7:25PM | Open Swim w/ Diving Board  
4 Lanes Open  
1:00PM-3:00PM | Swim Lessons  
5 Lanes Open  
9:00AM-11:15AM | |
| **Lap Swim**  
8 Lanes Open  
10:00AM-4:00PM | **BOGA HIIT Session 1**  
Class ends Sept. 25th  
2 Lanes Open  
6:00PM-6:40PM | **Lap Swim**  
8 Lanes Open  
10:00AM-4:00PM | **Lap Swim**  
8 Lanes Open  
7:30M-8:30PM | | Lap Swim  
8 Lanes Open  
3:00PM-4:30PM | Drop-In Log Rolling  
4 Lanes Open  
1:00PM-3:00PM |
| **Swim Lessons**  
5 Lanes Open  
4:00PM-7:15PM | **BOGA HIIT Session 2**  
Class ends Sept. 25th  
2 Lanes Open  
6:45PM-7:15PM | **Swim Lessons**  
5 Lanes Open  
4:00PM-7:15PM | | Aquatics Facility Closes at 4:30PM | | Aquatics Facility Closes at 4:30PM |
| **Lap Swim**  
8 Lanes Open  
7:15PM-8:30PM | **Lap Swim**  
8 Lanes Open  
7:30PM-8:30PM | **Lap Swim**  
8 Lanes Open  
7:15PM-8:30PM | **Lap Swim**  
8 Lanes Open  
7:15PM-8:30PM | | | |
| Aquatics Facility Closes at 8:30PM | Aquatics Facility Closes at 8:30PM | Aquatics Facility Closes at 8:30PM | Aquatics Facility Closes at 8:30PM | | | |

- This schedule is subject to change
- “Lanes Open” indicates number of lanes open for public use
- Please allow approximately 10 minutes between programs for staff to move lane lines
- When demand is high, visitors may be subject to a waitlist in order to use the aquatics facility
- Swim lessons begin Monday, August 27th
- The pool will close 30 minutes prior to the rest of the facility