


September 2017 – Lap Pool Schedule - Williston

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Swim Team 6:30-8am (5) 8-10:00am (6) Cardio Combo 10-11am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	2 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5)
4 LABOR DAY OPEN 7:00-10:30am Swim Team 8-9:30am (5)	5 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	6 Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	7 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	8 Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	9 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)
11 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	12 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	13 Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	14 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	15 Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	16 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)
18 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	19 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	20 Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	21 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	22 Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	23 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)
25 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	26 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	27 Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	28 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	29 Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	30 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)

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