

# November 2017 – Lap Pool Schedule - Williston

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Masters</b> 7:45-9:00am-(3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>2</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>3</b> <b>Swim Team</b> 6:00-7:00am (4) <b>Cardio Combo</b> 10-11am (3) <b>Swim Team</b> 4:00-5:00pm (5) 5:00-8:00pm(6)	<b>4</b> <b>Masters</b> 7-8:30am (4) <b>Swim Team</b> 8:30-10:30am (5) 10:30-11:45am (4)
<b>6</b> <b>Masters</b> 5:45-7:00am (3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>7</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>8</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Masters</b> 7:45-9:00am-(3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>9</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>10</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Cardio Combo</b> 9-10am (3) <b>Swim Team</b> 4:00-5:00pm (5) 5:00-8:00pm(6)	<b>11</b> <b>Masters</b> 7-8:30am (4)
<b>13</b> <b>Masters</b> 5:45-7:00am (3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>14</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>15</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Masters</b> 7:45-9:00am-(3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>16</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (5) 10:45-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>17</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Cardio Combo</b> 9-10am (3) <b>Swim Team</b> 4:00-5:00pm (5) 5:00-8:00pm(6)	<b>18</b> <b>Masters</b> 7-8:30am (4) <b>Swim Team</b> 8:30-10:30am (5) 10:30-11:45 (4)
<b>20</b> <b>Masters</b> 5:45-7:00am (3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>21</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>22</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Masters</b> 7:45-9:00am-(3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>23</b> <b>Thanksgiving</b> <b>Swim Team</b> 10:00-10:30pm (4)	<b>24</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Cardio Combo</b> 9-10am (3) <b>Swim Team</b> 4:00-5:00pm (5) 5:00-8:00pm(6)	<b>25</b> <b>Masters</b> 7-8:30am (4) <b>Swim Team</b> 8:30-10:30am (5) 10:30-11:45 (4)
<b>27</b> <b>Masters</b> 5:45-7:00am (3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>28</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)	<b>29</b> <b>Swim Team</b> 6:00-7:00am (3) <b>Masters</b> 7:45-9:00am-(3) <b>Aquatic Body</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>30</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8:00am (5) 10:45-Noon (5) <b>Swim Team</b> 4:00-8:00pm (6)		