

January 2018 – Lap Pool Schedule - Williston

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-6:30pm (6) 7:00pm-8:30pm (6)	2 Swim Team 6:00-7:00am (2) Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-6:30pm (6) 7:00pm-8:30pm (6)	3 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	4 Swim Team 6:00-7:00am (2) Cardio Combo 10-11am (3)	5 Masters 7-8:30am (4)
8 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	9 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45am-Noon (5) Swim Team 4:00-6:30pm (6) 7:00pm-8:30pm (6)	10 Swim Team 6:00-7:00am (2) Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-6:30pm (6) 7:00pm-8:30pm (6)	11 Masters 5:30-6:45am (6) 6:45-8:00am (4) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	12 Swim Team 6:00-7:00am (2) Cardio Combo 9-10am (3) Swim Team 6:00-8:00pm(6)	13 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)
15 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	16 Masters 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	17 Swim Team 6:00-7:00am (2) Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	18 Masters 5:30-6:45am (6) 6:45-8:00am (5) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	19 Swim Team 6:00-7:00am (2) Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	20 Masters 7-8:30am (4) Swim Team 8:30-10:30am (4)
22 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	23 Masters 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	24 Swim Team 6:00-7:00am (2) Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	25 Masters 5:30-6:45am (6) 6:45-8:00am (5) 10:45-Noon (5) Swim Team 4:00-8:00pm (6)	26 Swim Team 6:00-7:00am (2) Cardio Combo 9-10am (3) Swim Team 4:00-5:00pm (5) 5:00-8:00pm(6)	27 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45 (4)
29 Masters 5:45-7:00am (3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)	30 Masters 5:30-6:45am (6) 6:45-8:00am (5) 10:45am-Noon (5) Swim Team 4:00-8:00pm (6)	31 Swim Team 10:00-11:30am (4) Masters 7:45-9:00am-(3) Aquatic Body 9-10am (3) Swim Team 4:00-8:00pm (6)			