

## Williston Lap Pool Schedule – January 2019\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>  <b>Club Hours</b> 9:00am-1:00pm  <b>Swim Team</b> 1:00-3:00pm (6)	<b>2</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Masters</b> 7:45-9:00am (3) <b>Cardio Surge</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>3</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>4</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Innovative Edge</b> 9-10am (3) <b>Swim Team</b> 4:00-7:00pm (6)	<b>5</b>  <b>Masters</b> 7-8:30am (4) <b>Swim Team*</b> 8:30-11:30am (5)
6	<b>7</b>  <b>Masters</b> 5:45-7:00am (3) <b>Cardio Surge</b> 9:00-10:00am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>8</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>9</b>  <b>Masters</b> 7:45-9:00am (3) <b>Cardio Surge</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>10</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>11</b>  <b>Innovative Edge</b> 9-10am (3) <b>Swim Team</b> 4:00-7:00pm (6)	<b>12</b>  <b>Masters</b> 7-8:30am (4) <b>Swim Team*</b> 10:30-11:30am (5)
13	<b>14</b>  <b>Masters</b> 5:45-7:00am (3) <b>Cardio Surge</b> 9:00-10:00am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>15</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>16</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Masters</b> 7:45-9:00am (3) <b>Cardio Surge</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>17</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>18</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Innovative Edge</b> 9-10am (3) <b>Swim Team</b> 4:00-7:00pm (6)	<b>19</b>  <b>Masters</b> 7-8:30am (4) <b>Swim Team*</b> 8:30-11:30am (5)
20	<b>21</b>  <b>Masters</b> 5:45-7:00am (3) <b>Cardio Surge</b> 9:00-10:00am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>22</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>23</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Masters</b> 7:45-9:00am (3) <b>Cardio Surge</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>24</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>25</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Innovative Edge</b> 9-10am (3) <b>Swim Team</b> 4:00-7:00pm (6)	<b>26</b>  <b>Masters</b> 7-8:30am (4) <b>Swim Team*</b> 8:30-11:30am (5)
27	<b>28</b>  <b>Masters</b> 5:45-7:00am (3) <b>Cardio Surge</b> 9:00-10:00am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>29</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)	<b>30</b>  <b>Swim Team</b> 6:00-7:30am (2) <b>Masters</b> 7:45-9:00am (3) <b>Cardio Surge</b> 9-10am (3) <b>Swim Team</b> 4:00-8:00pm (6)	<b>31</b>  <b>Masters</b> 5:30-6:45am (6) <b>Masters</b> 6:45-8:00am (5) <b>Masters</b> 10:45am-12pm (5) <b>Swim Team</b> 4:00-8:30pm (6)		

\*Subject to change due to swim team competition schedule.. Please contact front desk for current schedule 802-864-8044. Questions: [rodnevc@edgevt.com](mailto:rodnevc@edgevt.com).