

Williston Lap Pool Schedule – May 2019*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Swim Team 6:00-7:30am (2) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:00pm (6)	2 Swim Team 6:00-7:30am (2) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:30pm (6)	3 Swim Team 6:00-7:30am (2) Innovative Edge 9-10am (3) Swim Team 4:00-7:00pm (6)	4 Masters 7-8:30am (4) Swim Team* 8:30-11:30am (5)
5	6 Masters 5:45-7:00am (3) NO Cardio Surge 9:00-10:00am (3) <small>(Lanes still available for group)</small> Swim Team 4:00-8:00pm (6)	7 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	8 Swim Team 6:00-7:30am (2) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:00pm (6)	9 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	10 Innovative Edge 9-10am (3) Swim Team 4:00-7:00pm (6)	11 Masters 7-8:30am (4) Swim Team* 8:30-11:45am (5)
12	13 Masters 5:45-7:00am (3) NO Cardio Surge 9:00-10:00am (3) <small>(Lanes still available for group)</small> Swim Team 4:00-8:00pm (6)	14 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	15 Swim Team 6:00-7:30am (2) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:00pm (6)	16 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	17 Innovative Edge 9-10am (3) Swim Team 4:00-7:00pm (6)	18 Masters 7-8:30am (4) Swim Team* 8:30-11:45am (5)
19	20 Masters 5:45-7:00am (3) NO Cardio Surge 9:00-10:00am (3) <small>(Lanes still available for group)</small> Swim Team 4:00-8:00pm (6)	21 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	22 Swim Team 6:00-7:30am (3) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:00pm (6)	23 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	24 Swim Team 6:00-7:30am (2) Innovative Edge 9-10am (3) Swim Team 4:00-7:00pm (6)	25 Masters 7-8:30am (4) Swim Team* 8:30-11:45am (5)
26	27 Memorial Day Holiday Masters 5:45-7:00am (3) NO Cardio Surge 9:00-10:00am (3) <small>(Lanes still available for group)</small>	28 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	29 Swim Team 6:00-7:30am (3) Masters 7:45-9:00am (3) Cardio Surge 9-10am (3) Swim Team 4:00-8:00pm (6)	30 Masters 5:30-6:45am (6) Masters 6:45-8:00am (6) Masters 10:45am-12pm (5) Swim Team 4:00-8:30pm (6)	31 Swim Team 6:00-7:30am (2) Innovative Edge 9-10am (3) Swim Team 4:00-7:00pm (6)	

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