


Williston Lap Pool Schedule – November 2019*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 27	October 28 Masters 5:45-7am (3) Swim Team 4-8:00pm (6)	October 29 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	October 30 Swim Team 6-7:30am (3) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	October 31 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	November 1 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	2 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)
3	4 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	5 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	6 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	7 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	8 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	9 Masters 7-8:30am (4) NO Swim Team 8:30-11:45am
10	11 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	12 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	13 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	14 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noonw Swim Team 4-8:30pm (6)	15 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	16 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)
17	18 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	19 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	20 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	21 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Swim Team 4-8:30pm (6)	22 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	23 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)
24	25 Masters 5:45-7am (3) Swim Team 7-8:30am (3) Holiday Camp EDGE 1-2pm (2) Swim Team 4-8:30pm (6)	26 Masters 5:30-6:45am (6) Masters 6:45-8am (6) Masters 10:45am-Noon Holiday Camp EDGE 1-2pm (2) Swim Team 4-8:30pm (6)	27 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Holiday Camp EDGE 1-2pm (2) Swim Team 4-8:00pm (6)	28  <i>Thanksgiving Day</i> Lap Swim 7-11am (6)	29 Swim Team 7:30-9am (3) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	30 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)

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