



Lap Swim Pool Schedule

New Hope | September 9th-October 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:00am - 6:55am (4 Lanes) - 6:55am-9:15am (1 Lane) - 9:15-10:30am (2 Lanes) - 10:30-11:30 (1 Lane) - 11:30am-4:15pm (2 Lanes) - 4:15pm-8:15pm (1 Lane) - 8:15pm-10:00pm (2 Lanes)	5:00am - 8:00am (4 Lanes) - 8:00am-9:00am (1 Lane) - 9:00am-4:00pm (2 Lanes) - 4:00pm-9:00pm (1 Lane) - 9:00pm-10:00pm (4 Lanes)	5:00am - 6:55am (4 Lanes) - 6:55am-9:00am (1 Lane) - 9:00am - 4:15pm (2 Lanes) - *4:15pm-6:15pm* (No Lap Swim) - 6:15pm-7:30pm (1 Lane) - 8:15pm-10:00pm (2 Lanes)	5:00am - 8:00am (4 Lanes) - 8:00am-9:00am (1 Lane) - 9:00am-4:00pm (2 Lanes)	5:00am - 6:55am (4 Lanes) - 6:55am-9:00am (1 Lane) - 9:00am - 4:00pm (2 Lanes) - 4:00pm-9:00pm (2 Lanes)	6:00am - 8:00am (4 Lanes) - 8:00am-12:45pm (1 Lanes) - 12:45pm-8:00pm (2 Lanes)	6:00am - 9:00am (4 Lanes) - 9:00am - 1:00pm (2 Lanes) - 1:00pm - 7:00pm (1 Lane) - 7:00pm-8:00pm (2 Lanes)
Water Walking (self guided exercise)	5:00am - 6:55am (2 Lanes)	5:00am - 8:00am (2 Lanes)	5:00am - 6:55am (Shallow 2 Lanes) - 6:55am-8:00am (Shallow 5 Lanes)	5:00am - 8:00am (2 Lanes)	5:00am - 6:55am (2 Lanes)	6:00am - 8:00am (2 Lanes)	6:00am - 9:00am (2 Lanes)

Multiple activities may occur at once; Not all activities are noted;
 Schedule is subject to change without notice; Swim Test offered daily at the top every hour during Open Swim.



Open Swim Pool Schedule

New Hope | September 9th-October 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	11:30am-4:25pm <i>(Shallow & Deep 4 Lanes)</i> - 8:15pm-9:45pm <i>(Shallow & Deep 4 Lanes)</i>	11:30am - 4:20pm <i>(Shallow & Deep 4 Lanes)</i> - 9:00pm-9:45pm <i>(Shallow & Deep 2 Lanes)</i>	9:30am-11:30am <i>(Deep 4 Lanes Only)</i> - 12:45pm -4:30pm <i>(Shallow & Deep 4 Lanes)</i> - 8:15pm - 9:45pm <i>(Shallow & Deep 4 Lanes)</i>	11:30am - 4:15pm <i>(Shallow & Deep 4 Lanes)</i> - 9:00pm-9:45pm <i>(Shallow & Deep 2 Lanes)</i>	9:30am-11:30am <i>(Deep 4 Lanes Only)</i> - 12:45pm -5:30pm <i>(Shallow & Deep 4 Lanes)</i> - 7:30pm-8:45pm <i>(Shallow and Deep 3 Lanes)</i>	12:45pm-7:45pm <i>(Shallow & Deep 4 Lanes)</i>	9:00am-1:00pm <i>(Shallow & Deep 4 Lanes)</i> - 6:30pm-7:45pm <i>(Shallow and Deep 3 Lanes)</i>
Diving Board	11:30am-4:25pm	11:30am-4:20pm	12:45pm-4:30pm	11:30am-4:15pm	12:45pm-5:30pm	12:45pm-7:45pm	9:00am-1:00pm
Water Volleyball	9:15am-10:15am <i>Men's Only</i> <i>1st & 3rd Mondays</i> - <i>Women's Only</i> <i>2nd and 4th Mondays</i>		9:30am-11:30am <i>Men & Women</i>		9:30am-11:30am <i>Men & Women</i>		

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