

July 1 - August 5

Monday

= Lap Swimming
 = Stafford Co. Programming
 = Rental

= Closed
 = Open Swim

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20														
5:00 AM									Pool Set up in Long Course Only 8 Lanes Available												B U L K H E A D													
5:30 AM	Aerobics	USMS																																
6:00 AM	5:45-6:45	5:30-6:45																																
6:30 AM			STAT																															
7:00 AM			6:30-7:30																															
7:30 AM				STAT																														
8:00 AM				7:30-8:30																														
8:30 AM																																		
9:00 AM								SL																										
9:30 AM								9-																										
10:00 AM	Aerobics							12p																										
10:30 AM	10-11am																																	
11:00 AM	Aerobics																																	
11:30 AM	11a-12p																																	
12:00 PM	Pool Closed to Switch to Short Course Lanes																																	
12:30 PM																																		
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4:30 PM				4-5:30p				SL																										
5:00 PM	STAT							4:30																										
5:30 PM	5-5:45pm							7:30																										
6:00 PM	STAT							5:45-7:15a																										
6:30 PM	6-7:30p																																	
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	1	2	3	4	5	6	Splash
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6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	Water Aerobics						
9:00 AM	8:30-9:30am				Swim		
9:30 AM					Lessons		
10:00 AM					9-10:20am		
10:30 AM	Swim Lessons				No Open Sw		
11:00 AM	10:30a-12pm						
11:30 AM							
12:00 PM					Open Swim		
12:30 PM					12pm-4:30pm		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Swim						
5:00 PM	Lessons						
5:30 PM							
6:00 PM	4:30-7:30 PM						
6:30 PM							
7:00 PM							
7:30 PM					Open Swim		
8:00 PM					7:30-9 PM		
8:30 PM							
9:00 PM							

5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	Open
8:30 AM	8-10a
9:00 AM	
9:30 AM	
10:00 AM	Little
10:30 AM	Fish
11:00 AM	10-12p
11:30 AM	
12:00 PM	Open
12:30 PM	12-4p
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	Little
4:30 PM	Fish
5:00 PM	4-7pm
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	Open
7:30 PM	7-9pm
8:00 PM	
8:30 PM	
9:00 PM	

****Schedule is Subject to Change****

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

July 1 - August 5

Tuesday

= Lap Swimming
 = Stafford Co. Programming
 = Rental
 = Closed
 = Open Swim

	Competition Pool																				Recreation Pool							Wellness Pool																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	Splash																		
5:00 AM																																													
5:30 AM	USMS																																												
6:00 AM	5:30-6:45																																												
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7:00 AM	RAYS																																												
7:30 AM	7:15-7:45 am																																												
8:00 AM	RAYS																																												
8:30 AM	7:45-8:45 am																																												
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10:00 AM	Aerobics																																												
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****Schedule is Subject to Change****

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

July 1 - August 5

Wednesday

[White Box] = Lap Swimming

[Yellow Box] = Stafford Co. Programming

[Red Box] = Rental

[Grey Box] = Closed

[Green Box] = Open Swim

Competition Pool																				Recreation Pool							Wellness Pool														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	Splash														
5:00 AM									Pool Set up in Long Course Only 8 Lanes Available																																
5:30 AM	Aerobics							USMS																																	
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10:00 AM	Aerobics																																								
10:30 AM	10-11a																																								
11:00 AM	Aerobics																																								
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7:30 PM	USMS																																								
8:00 PM	7:30																																								
8:30 PM	8:45																																								
9:00 PM																																									

****Schedule is Subject to Change****

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

July 1 - August 5

Thursday

Competition Pool																				Recreation Pool							Wellness Pool																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	Splash																		
5:00 AM									Pool Set up in Long Course Only 8 Lanes Available																																				
5:30 AM	USMS																																												
6:00 AM	5:30-6:45																																												
6:30 AM	6:30-7:30																																												
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8:00 AM	7:45-8:45 am																																												
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10:00 AM	Aerobics																																												
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****Schedule is Subject to Change****

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

July 1 - August 5

Friday

= Lap Swimming
 = Stafford Co. Programming
 = Rental

= Closed
 = Open Swim

		Competition Pool																																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																		
5:00 AM										Pool Set up in Long Course Only 8 Lanes Available																													
5:30 AM	Aerobics																																						
6:00 AM	5:45-6:45a																																						
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10:00 AM	Aerobics																																						
10:30 AM	10-11a																																						
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9:00 PM																																							

		Recreation Pool						Wellness Pool		
		1	2	3	4	5	6	Splash		
5:00 AM										
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM	Water Aerobics									
9:00 AM	8:30-9:30am									
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10:00 AM										
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4:30 PM										
5:00 PM	STAT									
5:30 PM	5-5:45p									
6:00 PM										
6:30 PM	Water Aerobics									
7:00 PM	6:30-7:30pm									
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8:00 PM										
8:30 PM										
9:00 PM										

****Schedule is Subject to Change****

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

SWIM MEET JULY 13TH: COMPETITION AND RECREATION POOLS WILL BE CLOSED 6:45 AM - 6 PM

July 1 - August 5

Saturday

= Lap Swimming
 = Stafford Co. Programming
 = Rental
 Closed
 = Open Swim
 = Diving Boards

Competition Pool																				Recreation Pool						Wellness Pool			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	Splash		
7:00 AM	STAT 7:15-9 am										RAYS 7:15-9:15 am														7:00 AM	Open			
7:30 AM																											7:30 AM	7-9am	
8:00 AM																											8:00 AM		
8:30 AM																											8:30 AM		
9:00 AM																											9:00 AM	Little	
9:30 AM																											9:30 AM	Fish	
10:00 AM											US Masters 9:30-10:30am																10:00 AM	Open Swim	
10:30 AM																											10:30 AM	10-6:45pm	
11:00 AM																											11:00 AM		
11:30 AM																											11:30 AM		
12:00 PM	Diving Boards Open 12-6:45pm																										12:00 PM		
12:30 PM																											12:30 PM		
1:00 PM	No Open Swim																										1:00 PM	Open	
1:30 PM																											1:30 PM	1-6:45pm	
2:00 PM																											2:00 PM		
2:30 PM																											2:30 PM		
3:00 PM																											3:00 PM		
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7:00 PM																											7:00 PM		

Schedule is Subject to Change

Water Features in Recreation Pool will be off during Swim Lessons and Water Fitness Classes

Private and Semi-Private Lessons may take up lanes throughout the day

SWIM MEET JULY 14TH: COMPETITION AND RECREATION POOLS WILL BE CLOSED 6:45 AM - 6 PM

July 1 - August 5

Sunday

= Lap Swimming
 = Diving Boards
 = Closed
 = Open Swim

	Competition Pool										Recreation Pool						Wellness Pool												
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	Splash		
8:00 AM																												8:00 AM	Open
8:30 AM																												8:30 AM	8-5:45pm
9:00 AM																												9:00 AM	
9:30 AM																												9:30 AM	
10:00 AM																												10:00 AM	
10:30 AM																												10:30 AM	
11:00 AM																												11:00 AM	
11:30 AM																												11:30 AM	
12:00 PM	Diving Boards Open																										12:00 PM		
12:30 PM	12-5pm																										12:30 PM		
1:00 PM	No Open Swim																										1:00 PM		
1:30 PM	No Open Swim																										1:30 PM		
2:00 PM	No Open Swim																										2:00 PM		
2:30 PM	No Open Swim																										2:30 PM		
3:00 PM	No Open Swim																										3:00 PM		
3:30 PM	No Open Swim																										3:30 PM		
4:00 PM	No Open Swim																										4:00 PM		
4:30 PM	No Open Swim																										4:30 PM		
5:00 PM	Pool Closed to Switch to Long Course Lanes																												
5:30 PM																													
6:00 PM																													

Schedule is Subject to Change

Private and Semi-Private Lessons may take up lanes throughout the day

SWIM MEET JULY 15TH: COMPETITION AND RECREATION POOLS WILL BE CLOSED ALL DAY