



Seacoast Sports Clubs Lap Lane Schedule Fall 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lanes 1, 2, 3 - LAP SWIM ALL DAY						
Lane 4 (This lane will be taken for oversized Aquasize Classes, Swim Lessons, and Cannonball Swim School)						
LAP SWIM ALL DAY	LAP SWIM ALL DAY	LAP SWIM ALL DAY	LAP SWIM ALL DAY	LAP SWIM ALL DAY	LAP SWIM ALL DAY	LAP SWIM ALL DAY
Lanes 5 & 6						
<u>7-9am</u> Lap Swim	<u>5:30-9am</u> Lap Swim	<u>5:30-9am</u> Lap Swim	<u>5:30-9am</u> Lap Swim	<u>5:30-9am</u> Lap Swim	<u>5:30-9am</u> Lap Swim	<u>7-9am</u> Lap Swim
<u>9am-5:45pm</u> Family Swim	<u>9-9:45am</u> Aquasize Daphne	<u>9-9:45am</u> Aquasize Wendy	<u>9-9:45am</u> Aquasize Diane	<u>9-9:45am</u> Aquasize Wendy	<u>9am-3:50pm</u> Family Swim	<u>9:15am-12:30pm</u> Swim Lessons
	<u>9:50-11am</u> Swim lessons	<u>9:50-3:50pm</u> Family Swim	<u>9:50-11am</u> Swim lessons	<u>9:50am-2pm</u> Family Swim		<u>12:30-5:45pm</u> Family Swim
	<u>11am-2pm</u> Family Swim		<u>11am-3:30pm</u> Family Swim	***2-3pm*** Pool Closed		
	2-3pm Pool Closed			<u>3-4pm</u> Lap Swim ONLY		
	<u>3:30-6pm</u> Swim Lessons	<u>4-6pm</u> Cannonball Swim School	<u>3:30-6pm</u> Swim Lessons	<u>4-6pm</u> Cannonball Swim School	<u>4-6pm</u> Cannonball Swim School	
	<u>6-8:45pm</u> Family Swim	<u>6-8:45pm</u> Family Swim	<u>6-8:45pm</u> Family Swim	<u>6-8:45pm</u> Family Swim	<u>6-7:45pm</u> Family Swim	

2-3pm MONDAYS AND THURSDAY, THE POOL IS CLOSED FOR MAINTENANCE

*For information about Cannonball Swim School, visit www.teamunify.com or email DJ at cannonballdj@gmail.com