

Sportsclub Five Forks Pool Schedule

Monday	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
5:00 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Aqua Fitness (to 10:30)	Aqua Fitness (to 10:30)	Aqua Fitness	Lap Swim	Lap Swim
10:00 to 11:00	Swim Lessons (10:00 to 12:15)	Swim Lessons (10:00 to 12:15)	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Swim Lessons (10:00 to 12:15)	Swim Lessons (10:00 to 12:15)	Lap Swim	Lap Swim	Lap Swim
12:00 to 1:00	Open Swim (12:15)	Lap Swim (12:15)	Lap Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 to 4:00	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
4:00 to 4:30	Open Swim	Open Swim	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)
4:30 to 5:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:00 to 5:30	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:30 to 6:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:00 t 6:30	Open Swim	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:30 to 7:30	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
Tuesday	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
5:00 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Finning	Finning	Finning	Lap Swim	Lap Swim
10:00 to 11:00	Noodle Buff	Noodle Buff	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 to 1:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Lap Swim	Lap Swim	Homeschool Pre-SAIL	Homeschool Pre-SAIL
3:00 to 4:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00 to 4:30	Open Swim	Lap Swim	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)
4:30 to 5:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:00 to 5:30	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:30 to 6:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:00 to 6:30	Open Swim	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:30 to 7:30	Noodle Buff	Noodle Buff	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
Wednesday	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
5:00 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
10:00 to 11:00	Swim Lessons (10:00 to 12:15)	Swim Lessons (10:00 to 12:15)	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Swim Lessons (10:00 to 12:15)	Swim Lessons (10:00 to 12:15)	Lap Swim	Lap Swim	Lap Swim
12:00 to 1:00	Open Swim (12:15)	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
3:00 to 4:00	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
4:00 to 4:30	Open Swim	Open Swim	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)
4:30 to 5:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:00 to 5:30	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:30 to 6:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:00 to 6:30	Open Swim	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:30 to 7:30	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim

Thursday					
	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
5:00 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
10:00 to 11:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 to 1:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Lap Swim	Lap Swim	Homeschool Pre-SAIL	Homeschool Pre-SAIL
3:00 to 4:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00 to 4:30	Open Swim	Lap Swim	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)
4:30 to 5:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:00 to 5:30	Swim Lessons (5:15)	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:30 to 6:00	Swim Lessons	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:00 to 6:30	Swim Lessons	Swim Lessons	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:30 to 7:30	Swim Lessons	Swim Lessons	Lap Swim	Lap Swim	Lap Swim
Friday					
	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
5:00 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
10:00 to 11:00	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 to 1:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Lap Swim	LCMS Stroke Clinic 2:00 - 3:30	LCMS Stroke Clinic 2:00 - 3:30	LCMS Stroke Clinic 2:00 - 3:30
3:00 to 4:00	Open Swim	Lap Swim	LCMS Stroke Clinic 2:00 - 3:30	LCMS Stroke Clinic 2:00 - 3:30	LCMS Stroke Clinic 2:00 - 3:30
4:00 to 4:30	Open Swim	Lap Swim	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)	Sportsclub Swim Club (3:34)
4:30 to 5:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:00 to 5:30	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
5:30 to 6:00	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:00 to 6:30	Open Swim	Open Swim	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
6:30 to 7:30	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
Saturday					
	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
7:30 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
10:00 to 11:00	Swim Lessons (10:00 to 12:15)	Sportsclub Swim Club (10 to 10:45)	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
11:00 to 12:00	Swim Lessons (10:00 to 12:15)	Swim Lessons (10:45 to 12:15)	Sportsclub Swim Club	Sportsclub Swim Club	Sportsclub Swim Club
12:00 to 1:00	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
1:00 to 2:00	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
2:00 to 3:00	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
3:00 to 4:00	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
4:00 to 5:00	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
5:00 to 6:30	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
6:30 to 7:30	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
Sunday					
	Lane 1 (Step Lane)	Lane 2	Lane 3	Lane 4	Lane 5
7:30 to 9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 to 10:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
10:00 to 11:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:00 to 12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 to 5:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
5:00 to 6:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
6:30 to 7:30	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim
7:30 to Close	Open Swim	Open Swim	Lap Swim	Lap Swim	Lap Swim