

POOL SCHEDULE

TIMES	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.			
5:30 AM	LAP SWIM 5:30 AM - 8:00 AM					Pool Parties and Rentals	Pool Parties and Rentals			
6:00 AM										
6:30 AM										
7:00 AM								Aqua A	Aqua A	Aqua A
7:30 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM	5:30 AM to 11:30am	5:30 AM to 1:00 PM			
8:00 AM	7:45 AM	7:45 AM	7:45 AM	7:45 AM						
8:30 AM	Water Therapy									
9:00 AM	8:00-9:00									
9:30 AM	LCSD INSTRUCTION 8:30-11:30AM					Lap Swim	11:30			
10:00 AM										
10:30 AM										
11:00 AM	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	1:00 PM	Lap Swim			
11:30 AM	Water Therapy 11:45-12:45PM									
12:00 PM	Arthritis					1-3 PM	Rec Swim			
12:30 PM	Arthritis									
1:00 PM	LAP SWIM 11:45 AM - 1:00 PM					1-3 PM	Rec Swim			
1:30 PM	LCSD INSTRUCTION 1:00 - 2:30PM									
2:00 PM						Home School				
2:30 PM										
3:00 PM	LEBANON COMMUNITY SWIM CLUB 3:30 - 6:00 PM					2-4 PM	Rec Swim			
3:30 PM	Lessons									
4:00 PM	Lessons					Pool Parties and Rentals	4:00 PM to 9:30 PM			
4:30 PM	3:45-4:15									
5:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy					
5:30 PM	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm					
6:00 PM	Lap Swim 6-7	Lessons	Lap Swim 6-7	Lessons	Lap Swim 6-7					
6:30 PM	A. Aerobics 6-7	5:45-6:45	A. Aerobics 6-7	5:45-6:45	A. Aerobics 6-7					
7:00 PM	RECREATIONAL SWIM 7:00 PM - 8:30 PM									
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM	Lap 8:30-9:30PM					Closed				
9:30 PM	Kayak/SCUBA	Kayak/SCUBA	Kayak/SCUBA	Kayak/SCUBA	Closed					