



POOL SCHEDULE

Winter 2011-12 Accurate October 17 - February 29

Lap & Family Swim

MONDAY

Time	Activity	Lanes
5:00 - 7:00am	Lap Swim	2
7:00 - 11:00am	Lap Swim	3
11:00am - 3:30pm	Lap Swim	4
3:30 - 5:00pm	Lap Swim	2
5:00 - 9:30pm	Lap Swim	1
11:00am - 8:00pm	Family Swim	

TUESDAY

Time	Activity	Lanes
5:00am - 5:00pm	Lap Swim	4
5:00 - 9:30pm	Lap Swim	1
10:00am - 5:00pm	Family Swim	

WEDNESDAY

Time	Activity	Lanes
5:00 - 7:00am	Lap Swim	2
7:00am - 10:00pm	Lap Swim	3
10:00pm - 3:30pm	Lap Swim	4
3:30 - 5:00pm	Lap Swim	2
5:00 - 8:00pm	Lap Swim	1
8:00 - 9:30pm	Lap Swim	5
10:00am - 9:30pm	Family Swim	

THURSDAY

Time	Activity	Lanes
5:00 - 7:00am	Lap Swim	1
7:00am - 3:30pm	Lap Swim	4
3:30pm - 9:30pm	Lap Swim	1
10:00am - 6:30pm	Family Swim	

FRIDAY

Time	Activity	Lanes
5:00 - 9:00am	Lap Swim	5
9:00am - 4:30pm	Lap Swim	4
4:30 - 8:30pm	Lap Swim	3
9:00am - 8:30pm	Family Swim	Diving Board Open

SATURDAY

Time	Activity	Lanes
7:00am - 9:30am	Lap Swim	2
9:30am - 2:00pm	Lap Swim	2
2:00pm - 5:30pm	Lap Swim	4
9:30am - 5:30pm	Family Swim	

SUNDAY

Time	Activity	Lanes
12:00 - 5:30pm	Lap Swim	4
12:00 - 5:30pm	Family Swim	Diving Board Open

Special Events

Date	Time	Activity	Lanes
Sat. Oct. 29th	3pm-5pm	Tryouts	6
Sat. Dec. 10th	2pm-7pm	Titans Tri-Meet	8
Sat. Jan. 7th	2pm-7pm	Titans Home Meet	8
Sat. Jan. 28th	2pm-7pm	E.Coweta Tri-Meet	8

The lifeguard has the authority to change this schedule to accommodate all activities.

Aquatic Classes

MONDAY

Time	Activity
5:30 - 7:00am	High School Swim Teams
9:00am	H2O Fitness
10:00am	H2O Hi-Lo
3:30 - 5:00pm	High School Swim Teams
3:30-7:30pm	Swim Lessons
5:00 - 8:00pm	Titans Swim Team
8:00 - 9:30pm	High School Swim Teams

TUESDAY

Time	Activity
5:30 - 7:00am	Masters Swim Club
9:00am	H2O Fitness
3:45 - 7:35pm	Swim Lessons
6:30pm	H2O Hi-Lo
8:00 - 9:30pm	High School Swim Teams

WEDNESDAY

Time	Activity
5:30 - 7:00am	High School Swim Teams
9:00am	H2O Fitness
3:30 - 5:00pm	High School Swim Teams
3:30-7:30pm	Swim Lessons
5:00 - 8:00pm	Titans Swim Team

THURSDAY

Time	Activity
5:30 - 7:00am	Masters Swim Club
5:30 - 7:00am	High School Swim Teams
9:00am	H2O Fitness
3:30 - 5:00pm	High School Swim Teams
3:45 - 7:35pm	Swim Lessons
5:00 - 8:00pm	Titans Swim Team
6:30pm	H2O Hi-Lo
7:15pm	H2O Pilates
8:00 - 9:30pm	High School Swim Teams

FRIDAY

Time	Activity
9:00am	Deep Water Workout
10:00am	H2O Flex & Firm
4:30-8:00pm	Family Fun w/ Floats

SATURDAY

Time	Activity
7:30am - 9:30pm	Titans Swim Team
9:00am- 2:00pm	Swim Lessons
9:30am	H2O Drills & Skills

SUNDAY

Time	Activity
1:00-5:00pm	Family Fun w/ Floats

Family Swim

No activities are scheduled, but facility member families may swim, dive and play during this dedicated time.

Lap Swim

If there are 2 swimmers in a lane, "circle" swimming is highly encouraged, though you may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Pool Guidelines & Policies

- Snug fitting swim diapers are required for children age 4 and under.
- Please shower before entering the pool area.

