

Sedona Athletic Club

Lap Pool Schedule



Tmes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:30 a.m.		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
10:00 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:00 a.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 p.m	Lap Swim	Lap Swim	Lap Swim Note (D)	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 p.m.	Lap Swim	*Youth Swim Team	*Youth Swim Team	*Youth Swim Team	*Youth Swim Team	*Youth Swim Team	Lap Swim
6:30 p.m.	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30 p.m.							

Swim Type Definitions:

- A) **Lap Swim:** All four lanes available. All swimmers must share lanes
- B) **Youth Swim Team:** *Youth Swim Team has two lanes, All swimmers must share lanes
- C) **Aqua Classes:** Aqua wil return April 1st 2016
- D) **Pool Cleaning:** Pool closed for cleaning the 2nd and 4th Tuesday of each month, from 12:00 noon. to 2:00 pm.