



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETITIVE POOL SCHEDULE

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00am Lap Swim (8)	5:00-5:00pm Lap Swim (8)	5:00-8:00am Lap Swim (8)	5:00-5:00pm Lap Swim (8)	5:00-8:00am Lap Swim (8)	7:00-10:00am Lap Swim (8)	12:00-3:30pm Lap Swim (5) Diving Board And Hoop (3)
8:00-8:45am Lap Swim (2) Deep Water Aqua Jog (6)		8:00-8:45am Lap Swim (2) Deep Water Aqua Jog (6)		8:00-8:45am Lap Swim (2) Deep Water Aqua Jog (6)	10:00-11:00am Lap Swim (4) Swim Lessons(4)	
9:00-9:45am Lap Swim (2) Water Aerobics (6)		9:00-9:45am Lap Swim (2) Water Aerobics (6)		9:00-9:45am Lap Swim (2) Water Aerobics (6)	11:00-11:50am Lap Swim (1) Deep Water High Intensity (3) Swim Lessons (4)	
9:45-5:00pm Lap Swim (8)		9:45-5:00pm Lap Swim (8)		9:45-4:00pm Lap Swim (8)	12:30-4:30pm Lap Swim (5) Diving Board And Hoop (3)	
5:00-5:30pm Lap Swim (3) DCSD Swim Team (5)	5:00-5:30pm Lap Swim (1) DCSD Swim Team (5) Swim Lessons (2)	5:00-5:30pm Lap Swim (3) DCSD Swim Team (5)	5:00-5:30pm Lap Swim (1) DCSD Swim Team(5) Swim Lessons (2)	4:00pm-7:30pm Lap Swim (5) Diving Board And Hoop (3)		
5:30-6:30pm Lap Swim (4) DCSD Swim Team (4)	5:30-6:30pm DCSD Swim Team (4) Swim Lessons (4)	5:30-6:30pm Lap Swim (4) DCSD Swim Team (4)	5:30-6:30pm DCSD Swim Team(4) Swim Lessons (4)			
6:30-7:30pm Lap Swim (6) Aqua Jog (2)	6:30-7:30pm Lap Swim (1) Shallow Water Aqua Fit (3) Swim Lessons (4)	6:30-7:30pm Lap Swim (6) Aqua Jog (2)	6:30-7:30pm Lap Swim (4) Shallow Water Aqua Fit (3) Swim Lessons (4)			