



## Sports Pool Lap Lane Schedule January-March 2020

This schedule is subject to change without notification.

This schedule only lists times when the lanes are limited due to programs - all lanes are available during time frames that are not listed.

If a block is left empty (white), the lane is open.

The colored blocks indicate the lanes reserved for scheduled programs.

Lap swimmers and swim lessons must clear lanes reserved for programs five minutes prior to the start of a class.

Swimmers must be prepared to swim with two or more people in a lane. If three or more share a lane, circle swim.

From April 1 to September 25 lane numbers go from 1 being closest to the Arbor Grill to 10 being closest to the Club.

From September 25 to April 1, lane numbers go from the east side of the pool by the water falls to the west side of the pool by the track.

Lanes that are not reserved for classes are available for lap swim and swimming lessons.

### Time/Day **Monday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
5:45 - 6:45 a.m.		SwimFit									
9:00 - 10:00 a.m.	SwimFit										
10:00-11:00 a.m.								Water Fitness			
12:00-1:00 p.m.	SwimFit										
4:30 - 5:30 p.m.								Dolphins Swim Team			
6:00 - 7:00 p.m.		SwimFit									

### Time/Day **Tuesday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
5:45 - 6:45 a.m.		SwimFit									
8:00 - 9:00 a.m.	SwimFit										
4:30 - 5:30 p.m.											

### Time/Day **Wednesday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
5:45 - 6:45 a.m.		SwimFit									
9:00 - 10:00 a.m.	SwimFit										
10:00-11:00 a.m.								Water Fitness			
12:00 - 1:00 p.m.	SwimFit										
4:30 - 5:30 p.m.								Dolphins Swim Team			
6:00 - 7:00 p.m.		SwimFit									

### Time/Day **Thursday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
5:45 - 6:45 a.m.		SwimFit									
8:00 - 9:00 a.m.	SwimFit										
4:30 - 5:30 p.m.								Dolphins Swim Team			

### Time/Day **Friday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
5:45 - 6:45 a.m.		SwimFit									
9:00 - 10:00 a.m.	SwimFit										
10:00-11:00 a.m.								Water Fitness			
12:00 - 1:00 p.m.	SwimFit										
4:30 - 5:30 p.m.											

### Time/Day **Saturday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
8:15 - 9:30 a.m.	SwimFit									

### Time/Day **Sunday**

Time/Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
9:00 - 10:00 a.m.	SwimFit									

For more information on The Houstonian's Aquatics Programs, call (713) 685-6751