

| Monday/<br>Wednesday                         | Tuesday/<br>Thursday                         | Friday                                      | Saturday                                       | Sunday                                      |
|--|--|---|--|---|
| Open Swim<br>Spray Bay On<br>6:00-8:00am     | Open Swim<br>Spray Bay On<br>6:00-8:00am     | Open Swim<br>Spray Bay On<br>6:00-9:00am    | Open Swim<br>Spray Bay Off<br>7:00-8:45am      | Open Swim<br>Spray Bay Off<br>7:00-9:00am   |
| Open Swim<br>Spray Bay Off<br>8:00-10:00am   | Open Swim<br>Spray Bay Off<br>8:00-10:00am   | Open Swim<br>Spray Bay Off<br>9:00-10:00am  | No Open Swim<br>Spray Bay Off<br>9:00am-1:00pm | Open Swim<br>Spray Bay Off<br>9:00am-1:45pm |
| Open Swim<br>Spray Bay Off<br>10:00-11:00am  | Open Swim<br>Spray Bay Off<br>10:00-11:00am  | Open Swim<br>Spray Bay Off<br>10:00-11:00am | Open Swim<br>Spray Bay On<br>1:00-5:15pm       | Open Swim<br>Spray Bay On<br>1:00-4:45pm    |
| Open Swim<br>Spray Bay On<br>12:00-4:30pm    | Open Swim<br>Spray Bay On<br>12:00-4:30pm    | Open Swim<br>Spray Bay On<br>11:00am-7:45pm |  |   |
| No Open Swim<br>Spray Bay Off<br>4:30-7:00pm | No Open Swim<br>Spray Bay Off<br>4:30-7:00pm |   |  |   |
| Open Swim<br>Spray Bay On<br>7:00-8:45pm     | Open Swim<br>Spray Bay On<br>7:00-8:45pm     |   |  |   |

- All Lanes are shared (2 people each)
- Reservations are Required for Lap lanes
- Spray Bay features unavailable during water aerobics classes and therapy pool swim lessons

## Lap Pool - Open/ Lap Swim Schedule

Spring Session

| Monday/<br>Wednesday                | Tuesday/<br>Thursday                 | Friday                              | Saturday                          | Sunday                            |
|-------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|
| Lap Swim (6 lanes)<br>6:00-11:00am  | Lap Swim (6 lanes)<br>6:00-10:00am   | Lap Swim (6 lanes)<br>6:00-10:00am  | Lap Swim (6 lanes)<br>7:00-9:00am | Lap Swim (6 lanes)<br>7:00-9:00am |
| Lap Swim (4 lanes)<br>11:00-12:00pm | Lap Swim (4 lanes)<br>10:00-11:00am  | Lap Swim (4 lanes)<br>10:00-11:00am | Lap Swim (5 lanes)<br>9:00-1:00pm | Lap Swim (5 lanes)<br>9:00-1:00pm |
| Lap Swim (6 lanes)<br>12:00-4:00pm  | Lap Swim (6 lanes)<br>11:00am-4:00pm | Lap Swim (6 lanes)<br>11:00-7:45pm  | Lap Swim (6 lanes)<br>1:00-5:15pm | Lap Swim (6 lanes)<br>1:00-4:45pm |
| Lap Swim (5 lanes)<br>4:00-5:00pm   | Lap Swim (5 lanes)<br>4:00-5:00pm    |                                     |                                   |                                   |
| Lap Swim (5 lanes)<br>5:00-7:00pm   | Lap Swim (5 lanes)<br>5:00-6:00pm    |                                     |                                   |                                   |
| Lap Swim (6 lanes)<br>7:00-8:45pm   | Lap Swim (3 lanes)<br>6:00-8:00pm    |                                     |                                   |                                   |
|                                     | Lap Swim (6 lanes)<br>8:00-8:45pm    |                                     |                                   |                                   |

- All Lanes are shared (2 people each)
- Reservations are Required for Lap lanes through Motion Vibe

*Schedules are subject to change based on instructor availability and NCC Holidays*