

SwimRVA Weekly Pool Schedule November 9-November 15, 2015

Pool Schedules are Subject to Change

	<u>Competition Pool</u>	<u>Therapy Pool</u>	<u>Instructional Pool</u>
Monday <i>November 9, 2015</i>	7:15a-9:00a (50M) *8 lanes 9:00a-12:00p (50M) *6 lanes 12:00p-1:00p (50M) *8 lanes 2:00p-6:00p (25Y) *9 lanes 6:00p-7:15p (25Y) *1 lane 7:15p-8:30p (25Y) *5 lanes 8:30p-9:00p (25Y) *9 lanes	6:00a-7:30a 6:30p-9:00p <i>*45 min time limit on Treadmills</i>	6:00a-9:30a *2 lanes 9:30a-3:45p *6 lanes 5:30p-6:00p *2 lanes 7:00p-7:45p *2 lanes 7:45p-9:00p *6 lanes
Tuesday <i>November 10, 2015</i>	6:30a-7:00a (25Y) *5 lanes 7:00a-9:00a (25Y) *9 lanes 9:00a-10:00a (25Y) *7 lanes 10:00a-1:00p (25Y) *9 lanes 1:00p-1:30p (25Y) *6 lanes 1:30p-5:00p (25Y) *9 lanes 5:00p-5:45p (25Y) *6 lanes 6:00p-7:00p (25Y) *4 lanes 7:00p-8:30p (25Y) *5 lanes 8:30p-9:00p (25Y) *9 lanes	6:00a-12:00p 4:00p-9:00p <i>*45 min time limit on Treadmills</i>	7:00a-9:30a *2 lanes 9:30a-12:30p *6 lanes 12:30p-1:00p *2 lanes 1:00p-3:45p *6 lanes 3:45p-4:30p *1 lane 4:30p-5:30p *6 lanes 5:30p-6:00p *2 lanes 7:00p-7:30p *2 lanes 7:30p-9:00p *6 lanes
Wednesday <i>November 11, 2015</i>	7:15a-9:00a (50M) *8 lanes 9:00a-12:00p (50M) *6 lanes 12:00p-1:00p (50M) *8 lanes 2:00p-6:00p (25Y) *9 lanes 7:15p-8:30p (25Y) *5 lanes 8:30p-9:00p (25Y) *10 lanes	6:00a-7:30a 6:30p-9:00p <i>*45 min time limit on Treadmills</i>	6:00a-7:00a *2 lanes 7:45a-10:00a *2 lanes 10:00a-12:30p *1 lane 12:30p-3:45p *6 lanes 5:30p-6:00p *2 lanes 7:00p-8:00p *2 lanes 8:00p-9:00p *6 lanes
Thursday <i>November 12, 2015</i>	6:30a-7:00a (25Y) *5 lanes 7:00a-9:00a (25Y) *9 lanes 9:00a-11:00a (25Y) *7 lanes 11:00a-1:00p (25Y) *9 lanes 1:00p-1:30p (25Y) *6 lanes 1:30p-5:00p (25Y) *9 lanes 5:00p-5:45p (25Y) *8 lanes 5:45p-7:00p (25Y) *4 lanes 7:00p-8:30p (25Y) *5 lanes 8:30p-9:00p (25Y) *9 lanes	6:00a-9:00p <i>*45 min time limit on Treadmills</i>	6:00a-9:30a *2 lanes 9:30a-12:30p *6 lanes 12:30p-1:00p *2 lanes 1:00p-1:30p *6 lanes 2:30p-3:45p *6 lanes 3:45p-4:30p *1 lane 4:30p-5:30p *6 lanes 5:30p-6:00p *2 lanes 7:00p-7:30p *2 lanes 7:30p-9:00p *6 lanes
Friday <i>November 13, 2015</i>	6:30a-7:15a (50M) *5 lanes 7:15a-10:00a (50M) *8 lanes 10:00a-12:00p (50M) *6 lanes 12:00p-1:00p (50M) *8 lanes 2:00p-2:45p (25Y) *9 lanes 2:45p-8:00p (25Y) *9 lanes	6:00a-7:30a 4:30p-8:00p <i>*45 min time limit on Treadmills</i>	6:00a-7:00a *2 lanes 8:00a-9:30a *2 lanes 9:30a-3:45p *6 lanes 5:30p-8:00p *6 lanes
Saturday <i>November 14, 2015</i>	12:00p-5:00p (25Y) *4 lanes <i>WAC Meet East Course</i>	12:00p-5:00p <i>*45 min time limit on Treadmills</i>	12:00p-5:00p *6 lanes
Sunday <i>November 15, 2015</i>	12:00p-5:00p (25Y) *6 lanes <i>WAC Meet East Course</i>	12:00p-5:00p <i>*45 min time limit on Treadmills</i>	12:00p-5:00p *6 lanes

BLUE, PURPLE & ORANGE letters indicate when pools are open to the public

50M=50 Meters 25Y=25 Yards * Indicates minimum number of lanes available

For Swimmers interested in guaranteed lane space M,W, & F - check out the Master's Swim Program for available options @ www.pelusoopenwater.com