

**Draper Recreation Center - LAP POOL SCHEDULE (Sunday, June 30, 2024)**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM								
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Open Swim		
10:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
11:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
11:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
1:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
2:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
2:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
3:00 PM								
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10:00 PM								

25 Yard Lap Swimming

**\*POOL HOURS and OPTIONS are LIMITED. For the most up-to-date options, check with the front desk and/or call ahead. 385-468-1995. This schedule is subject to change without notice\***

**Draper Recreation Center - LAP POOL SCHEDULE (Monday, July 1, 2024)**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Adult Swim Group	Adult Swim Group	Lap Swimming	25 Yard Lap Swimming	
5:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
6:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
7:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
7:30 AM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
8:00 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
8:30 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		Lap Swimming
9:00 AM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming	Lap Swimming	"Aqua H.E.A.T." Aquatic Group Fitness Class				
9:30 AM				Lap Swimming	Lap Swimming					
10:00 AM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Lap Swimming	"3-2-1 Go!" Aquatic Group Fitness Class				
10:30 AM				Lap Swimming	Lap Swimming					
11:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
11:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
1:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
2:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
2:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
3:00 PM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
3:30 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
4:00 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
4:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
5:30 PM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
6:00 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
6:30 PM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
7:00 PM					Lap Swimming	Lap Swimming	Tsunami "HIIT Fit" Aquatic Group Fitness Class			
7:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

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**Draper Recreation Center - LAP POOL SCHEDULE (Tuesday, July 2, 2024)**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
5:30 AM	Motive8	Motive8	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
6:00 AM			Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
6:30 AM			Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:30 AM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
8:00 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
8:30 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
9:00 AM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming	Lap Swimming	"Shallow Cardio" Aquatic Group Fitness Class		
9:30 AM				Lap Swimming	Lap Swimming			
10:00 AM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Lap Swimming	"Shallow Deep Combo" Aquatic Group Fitness Class		
10:30 AM				Lap Swimming	Lap Swimming			
11:00 AM	Private Rental	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
11:30 AM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
1:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
2:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
2:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
3:00 PM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
3:30 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
4:00 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
4:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
5:30 PM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Swim Lessons	Lap Swimming	Lap Swimming
6:00 PM					Lap Swimming		Lap Swimming	Lap Swimming
6:30 PM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming		Lap Swimming	Lap Swimming
7:00 PM					Lap Swimming		Lap Swimming	Lap Swimming
7:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		Lap Swimming	Lap Swimming
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

25 Yard Lap Swimming

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**Draper Recreation Center - LAP POOL SCHEDULE (Wednesday, July 3, 2024)**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Adult Swim Group	Adult Swim Group	Lap Swimming	25 Yard Lap Swimming	
5:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
6:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming		Lap Swimming
7:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
7:30 AM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
8:00 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
8:30 AM				Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		Lap Swimming
9:00 AM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming	Lap Swimming	"Cardio Strength Interval" Aquatic Group Fitness Class				
9:30 AM				Lap Swimming	Lap Swimming					
10:00 AM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Lap Swimming	"Every Minute on the Minute" Aquatic Group Fitness Class				
10:30 AM				Lap Swimming	Lap Swimming					
11:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
11:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Open Swim				
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
1:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
2:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
2:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
3:00 PM	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Draper Ducks (High School)	Lap Swimming					
3:30 PM					Lap Swimming					
4:00 PM					Lap Swimming					
4:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming					
5:30 PM	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Draper Ducks (Beginner)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
6:00 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
6:30 PM	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Draper Ducks (Advanced)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
7:00 PM					Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
7:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming		
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

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Draper Recreation Center - LAP POOL SCHEDULE (Thursday, July 4, 2024)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM	Closed For Independence Day							
5:30 AM								
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25 Yard Lap Swimming

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**Draper Recreation Center - LAP POOL SCHEDULE (Friday, July 5, 2024)**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
5:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Adult Swim Group	Adult Swim Group	Lap Swimming	25 Yard Lap Swimming
5:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	
6:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	
7:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
7:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
8:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
8:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
9:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	"Tabata" Aquatic Group Fitness Class			
9:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	"Aqua Burn" Aquatic Group Fitness Class			
10:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	"Aqua Burn" Aquatic Group Fitness Class			
10:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	"Aqua Burn" Aquatic Group Fitness Class			
11:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
11:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
1:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
2:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
2:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
3:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
3:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
4:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
4:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
5:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
5:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
6:00 PM									
6:30 PM									
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8:00 PM									
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10:00 PM									

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Draper Recreation Center - LAP POOL SCHEDULE (Saturday, July 6, 2024)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM								
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM	Closed For Triathlon							
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Swim Lessons	Swim Lessons	Lap Swimming	Lap Swimming	Lap Swimming
9:30 AM	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	Lap Swimming	Lap Swimming
10:00 AM	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	Lap Swimming	Lap Swimming
10:30 AM	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	Lap Swimming	Lap Swimming
11:00 AM	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	Lap Swimming	Lap Swimming
11:30 AM	Lap Swimming	Lap Swimming	Lap Swimming			Lap Swimming	Lap Swimming	Lap Swimming
12:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Open Swim		
12:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
1:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
1:30 PM	Private Rental	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
2:00 PM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
2:30 PM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
3:00 PM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
3:30 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
4:00 PM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
4:30 PM	Reserved (ADA Lane)	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
5:00 PM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
5:30 PM		Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming			
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
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25 Yard Lap Swimming

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