

SWIM LESSON SCHEDULE SEPTEMBER 10-DECEMBER 16

	LAP SWIM	REC SWIM	SWIM LESSONS	EXERCISE	SWIM TEAM
MON	5:30a.m.–1 p.m.	Rec Swim 12–1 p.m. 7:30–8:30 p.m.	10 a.m.–12 p.m. 4:30–7:30 p.m. Private Lessons 12 p.m., 12:30 p.m., 7:30 p.m.	LAFF 9–10 a.m., 10-11 a.m.	FAST 4:15–8 p.m. Fife High School 2:30-4:15 p.m.
TUES	5:30a.m.–1 p.m.	Tot Swim 9–10 a.m. Rec Swim 12–1 p.m. 7:30–8:30 p.m.	10 a.m.–12 p.m. 4:30–7:30 p.m. Private Lessons 12 p.m., 12:30 p.m., 7:30 p.m.		FAST 4:15–8 p.m. Fife High School 2:30-4:15 p.m.
WED	5:30a.m.–1 p.m.	Rec Swim 12–1 p.m. 7:30–8:30 p.m.	10 a.m.–12 p.m. 4:30–7:30 p.m. Private Lessons 12 p.m., 12:30 p.m., 7:30 p.m.	LAFF 9–10 a.m., 10-11 a.m.	FAST 5:30–6:45 a.m. 4:15–8 p.m. Fife High School 2:30-4:15 p.m.
THUR	5:30a.m.–1 p.m.	Tot Swim 9–10 a.m. Rec Swim 12–1 p.m. 7:30–8:30 p.m.	10 a.m.–12 p.m. 4:30–7:30 p.m. Private Lessons 12 p.m., 12:30 p.m., 7:30 p.m.		FAST 4:15–8 p.m. Fife High School 2:30-4:15 p.m.
FRI	5:30 a.m.–1 p.m.	Tot Swim 9–10 a.m. Rec Swim 12–1 p.m.		LAFF 9–10, 10–11 a.m.	FAST 4:15–8 p.m. Fife High School 2:30-4:15 p.m.
SAT	9 a.m.–1:30 p.m.	Tot Swim 8–9 a.m. Rec Swim 12:30–1:30 p.m.	9 a.m.–12:30 p.m. Private Lessons 8:30 a.m., 12:30-1 p.m., 1-1:30 p.m.		FAST 7–9 a.m.
SUN	9:30 a.m.–2 p.m.	Tot Swim 9:30–10:30 a.m. Rec Swim 2–3:30 p.m.	10:30 a.m.–2 p.m. Private Lessons 2, 2:30 & 3 p.m. Adult Lessons 2–3 p.m.	Paddle Board Yoga 9:15–10:15 a.m.	