

WINTER SWIM SCHEDULE JANUARY 2-MARCH 24

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