

## WINTER SWIM SCHEDULE JANUARY 6-MARCH 29

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