

# PORTSMOUTH INDOOR POOL September 4 - December 31, 2018

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:45	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP	<b>WEEKEND SCHEDULE</b>	
8:45-9:45	AQUA FITNESS 2 LANE LAP LESSONS	AQUA FITNESS 1 LANE LAP LESSONS	ZUMBA 1 LANE LAP LESSONS	AQUA FITNESS 1 LANE LAP LESSONS	ZUMBA 1 LANE LAP LESSONS		
9:45-10:30	LESSONS LAP/OPEN	LESSONS LAP/OPEN	LESSONS LAP/OPEN	LESSONS LAP/OPEN	LESSONS LAP/OPEN	9:00-12:00	PST 3 3 OPEN
10:30-11:00	SENIOR	SENIOR	SENIOR	SENIOR	SENIOR	12:00-1:00	3 LANE LAP
11:00-12:00	SENIOR 3 LANES 3 LANE LAP	SENIOR 3 LANES 3 LANE LAP	SENIOR 3 LANES 3 LANE LAP	SENIOR 3 LANES 3 LANE LAP	SENIOR 3 LANES TRI -GROUP	1:00-2:00	3 LAP/OPEN CSC 3
12:00-1:00	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP	2:00-3:00	CSC 6
1:00-2:00	LAP/OPEN	LAP/OPEN	LAP/OPEN	LAP/OPEN	LAP/OPEN	<p>*CSC begins September 4</p> <p>*PST begins September 17</p> <p>*Triathlon Group &amp; Hydroburn begin the week of September 24</p> <p>Try outs: 9/4&amp;6 6-7pm</p> <p>Tryouts: 9/4: 5-6pm 9/8: 8-9am</p>	
2:00-3:00		POOL CLOSED MAINTENANCE					
3:00-4:00		LAP/OPEN					
4:00-6:00	PST 4 LESSONS	PST 6	PST 4 LESSONS	PST 6	PST 4 LESSONS		
6:00-7:00	GBM CSC 2	TRI GROUP LESSONS	GBM CSC 2	LAP/OPEN LESSONS	LAP/OPEN		
7:00-8:00	1 LANE LAP CSC 5	LAP/HYDRO CSC 4	1 LANE LAP CSC 5	LAP/HYDRO CSC 4	1 LANE LAP CSC 5		
8:00-8:30	1 LAP CSC 5	2 LAP CSC 4	1 LAP CSC 5	2 LAP CSC 4	1 LAP CSC 5		
8:30-9:00	3 LAP/OPEN CSC 3	3 LAP/OPEN CSC 3	3 LAP/OPEN CSC 3	3 LAP/OPEN CSC 3	3 LAP/OPEN CSC 3		

