

CARC Competition & Warm Water Pool - Lane Schedule January 2019 (Schedule Subject to Change)

Day	Sunday							Monday							Tuesday							Wednesday							Thursday							Friday							Saturday						
	LANE#	6	5	4	3	2	1	WW	6	5	4	3	2	1	WW	6	5	4	3	2	1	WW	6	5	4	3	2	1	WW	6	5	4	3	2	1	WW	6	5	4	3	2	1	WW	6	5	4	3	2	1
6:00	Open @ 10am																																			Open @ 8am													
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FAC = Functional Aquatic Conditioning
AP = Aqua P90X
GSL = Group Swim Lessons
OS = Open Swim
MR = Manta Ray Swim Team Practice
GGAC = Adventure Camp
ICS = I Can Swim Program

Private Reservations:
 1/16 - GC Judy Center Swim 11a - 1p
 1/20 - Thomas Birthday Party 1p - 3p
 1/20 - Frazee Birthday Party 3:30p - 5:30p

Lifeguard Class:
Aqua P90X:
Tuesdays and Thursdays from 9a - 10a
Manta Ray Swim Team:
Group Swim Lessons:
Sundays from 12:30p - 4:00p
GC Wrestling:
Home School/College & Me Swim:
Wednesdays from 12:40p - 2:10p
I Can Swim Program: *will take place Mon. - Thurs. from 10:30a - 1:30p during the following weeks;*

Important Note:
 Depending on class size there will be times that scheduled programming will consume the Warm Water Pool. The Spa area is almost always available due to the fact that we do not always know ahead of time how many students we will have in a particular class; therefore, we are not able to always post when this may happen. We appreciate your cooperation!