

## 2016 Lucknow Pool Schedule

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>8:00 – 9:00 AM</b>	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
<b>9:00 – 11:00 AM</b>	Lessons	Lessons	Lessons	Lessons	Lessons		
<b>11:00 – 12:00 PM</b>	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit		
<b>12:00 – 1:00 PM</b>							
<b>1:00 – 4:00 PM</b>	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
<b>4:00 – 5:00 PM</b>	Swim Team	Adult & Tot Swim	Swim Team	Adult & Tot Swim	Swim Team		
<b>5:00 – 6:00 PM</b>	Lane Swim		Lane Swim		Lane Swim		
<b>6:00 – 8:00 PM</b>	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		Public Swim
<b>8:00 – 9:00 PM</b>	Aqua Fit		Aqua Fit	Water Yoga			