



Pool Schedule

Effective August 8, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30- 8:00 Lap Swim	6:30- 8:00 Lap Swim	6:30- 8:00 Lap Swim	6:30- 8:00 Lap Swim	6:30- 8:00 Lap Swim		
8:00-8:55 Aqasize/ Deep Water Aerobics	8:00-8:55 Water Wellness	8:00-8:55 Aqasize/ Deep Water Aerobics	8:00-8:55 Water Wellness	8:00-8:55 Aqasize/ Deep Water Aerobics		
9:00-11:15 4 th Grade Learn to Swim Program	9:00-11:15 4 th Grade Learn to Swim Program	9:00-11:15 4 th Grade Learn to Swim Program	9:00-11:15 4 th Grade Learn to Swim Program	9:00-11:15 4 th Grade Learn to Swim Program	9:00-12:00 Lap Swim	
11:15-12:15 Water Wellness	11:15-12:15 Water Wellness	11:15-12:15 Water Wellness	11:15-12:15 Water Wellness	11:15-12:15 Water Wellness		
12:15-1:15 Lap Swim	12:15-1:15 Lap Swim	12:15-1:15 Lap Swim	12:15-1:15 Lap Swim	12:15-1:15 Lap Swim	12:00-1:00 Closed	
1:15-2:15 Aqasize/ Deep Water Aerobics	1:15-2:15 Aqasize/ Deep Water Aerobics	1:15-2:15 Water Wellness	1:15-2:15 Aqasize/ Deep Water Aerobics	1:15-2:15 Water Wellness	1:00-4:30 Recreational Swim	2:00-4:30 Lap/Recreational Swim
2:30-3:30 Swim Lessons	2:30-3:30 Swim Lessons	2:30-3:30 Swim Lessons	2:30-3:30 Swim Lessons	2:15-3:30 Pool Closed		
3:45-5:00 Lancaster Age Group Rays	3:45-5:00 Lancaster Age Group Rays	3:45-5:00 Lancaster Age Group Rays	3:45-5:00 Lancaster Age Group Rays			
4:00-6:00 Lancaster Senior Rays	4:00-6:00 Lancaster Senior Rays	4:00-6:00 Lancaster Senior Rays	4:00-6:00 Lancaster Senior Rays	3:30-4:45 Recreational Swim		
5:00-6:00 Carolina Wave	5:00-6:00 Lancaster Mini Rays	5:00-6:00 Carolina Wave	5:00-6:00 Lancaster Mini Rays			
6:00-7:00 Swim Lessons	6:00-7:00 Swim Lessons	6:00-7:00 Swim Lessons	6:00-7:00 Swim Lessons	5:00-6:00 Lap Swim		
7:00-8:00 Lap Swim/ Recreational Swim	7:00-8:00 Lap Swim/ Recreational Swim	7:00-8:00 Lap Swim/ Recreational Swim	7:00-8:00 Lap Swim/ Recreational Swim			

GHWC does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members.

GHWC reserves the right to change or cancel class times or days.

**** Lap swimming is for laps only. No recreational swim or water walking**