

SUNDAY

The Park Center Aquatics Schedule

SUNDAY

Time	Leisure Pool	Competition Pool								Time
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
5:00 AM										5:00 AM
6:00 AM										6:00 AM
7:00 AM										7:00 AM
8:00 AM										8:00 AM
9:00 AM	CLOSED UNTIL NOVEMBER								9:00 AM	
10:00 AM									10:00 AM	
11:00 AM									11:00 AM	
12:00 PM									12:00 PM	
1:00 PM									1:00 PM	
2:00 PM									2:00 PM	
3:00 PM									3:00 PM	
4:00 PM									4:00 PM	
5:00 PM										5:00 PM
6:00 PM										6:00 PM
7:00 PM										7:00 PM
8:00 PM										8:00 PM
9:00 PM										9:00 PM
10:00 PM										10:00 PM

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomodate pool programming.

MONDAY

The Park Center Aquatics Schedule

MONDAY

Time	Leisure Pool	Competition Pool								Time
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
5:00 AM	Adult Only Time 5AM - 10AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM
6:00 AM		Murray High Swim Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-7AM (2-4 Lanes in Use) 7-8:30AM (Entire Pool Closed) "B" Days NO PRACTICE								6:00 AM
7:00 AM										7:00 AM
8:00 AM										8:00 AM
9:00 AM	Aqua Zumba - Shallow 9AM - 10AM	Aqua Fit - Deep 8:45AM - 9:45AM								9:00 AM
10:00 AM	Adult Only Time 10AM - 11AM									10:00 AM
11:00 AM	Open Plunge 11AM - 5:50PM	Lap Swim 9:45AM - 3PM	Lap Swim 9:45AM - 3PM	Lap Swim 9:45AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	11:00 AM
12:00 PM										12:00 PM
1:00 PM										1:00 PM
2:00 PM										2:00 PM
3:00 PM			Murray High Swim/Polo Team 3PM - 4PM							
4:00 PM		MAC Bronze; 4PM - 5PM OR 5PM - 6PM Silver; 4:30 PM - 6PM Gold; 4PM - 6PM								4:00 PM
5:00 PM										5:00 PM
6:00 PM	Aqua Fit-Shallow 6PM - 7PM	Pre-MAC* 6PM - 6:50PM	Pre-MAC* 6PM - 6:50PM					AQUALOGIX* 6:30PM - 7:30PM		6:00 PM
7:00 PM	Open Plunge 7PM - 9:45PM	Lap Swim 7PM -9:45 PM	Lap Swim 7PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 7:30 - 9:45PM	Lap Swim 7:30 - 9:45PM	7:00 PM
8:00 PM										8:00 PM
9:00 PM										9:00 PM
10:00 PM										10:00 PM

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomidate pool programing.

TUESDAY

The Park Center Aquatics Schedule

TUESDAY

Time	Leisure Pool	Competition Pool								Time
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
5:00 AM	Adult Only Time 5AM - 10AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM
6:00 AM		Murray High Swim Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-7AM (2-4 Lanes in Use) 7-8:30AM (Entire Pool Closed) "B" Days NO PRACTICE								6:00 AM
7:00 AM										8:00 AM
8:00 AM	Easy Does It-Shallow 8:00AM - 8:45AM									8:00 AM
9:00 AM	Aqua Fit-Shallow 9AM - 10AM									9:00 AM
10:00 AM	Adult Only Time 10AM - 11AM									10:00 AM
11:00 AM	Open Plunge 11PM - 3:50PM									Lap Swim 8:30AM - 3PM
12:00 PM		12:00 PM								
1:00 PM		1:00 PM								
2:00 PM		2:00 PM								
3:00 PM	Murray High Swim/Polo Team 3PM - 4:30PM								3:00 PM	
4:00 PM	Swim Lessons 4PM - 7PM	Swim Lessons* 4PM - 7PM	Swim Lessons* 4PM - 7PM	MAC*				Silver: 4:30PM - 6PM Gold: 4:30PM - 6:30PM		4:00 PM
5:00 PM										
6:00 PM		Swim Lessons* 6PM - 7PM	Swim Lessons* 6PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	6:00 PM
7:00 PM	Open Plunge 7PM - 9:45PM	Youth Water Polo* 7-8:30PM								7:00 PM
8:00 PM										8:00 PM
9:00 PM		Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	9:00 PM
10:00 PM		8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	8:30PM - 9:45PM	10:00 PM

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community. You may be asked to move/change/share lanes to better accommodate pool programming.

WEDNESDAY

The Park Center Aquatics Schedule

WEDNESDAY

Time	Leisure Pool	Competition Pool								Time
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
5:00 AM	Adult Only Time 5AM - 10AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM
6:00 AM		Murray High Swim Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-7AM (2-4 Lanes in Use) 7-8:30AM (Entire Pool Closed) "B" Days NO PRACTICE								6:00 AM
7:00 AM										6:00 AM
8:00 AM										6:00 AM
9:00 AM	Aqua Fit - Shallow 9AM - 10AM	Aqua Fit - Deep 8:45AM - 9:45AM								9:00 AM
10:00 AM	Adult Only Time 10AM - 11AM				Lap Swim 8:30AM - 2:30PM	Lap Swim 8:30AM - 2:30PM	Lap Swim 8:30AM - 2:30PM	Lap Swim 8:30AM - 2:30PM	Lap Swim 8:30AM - 2:30PM	10:00 AM
11:00 AM	Open Plunge 11AM - 5:50PM	Lap Swim 9:45AM - 2:30PM	Lap Swim 9:45AM - 2:30PM	Lap Swim 9:45AM - 2:30PM						11:00 AM
12:00 PM										12:00 PM
1:00 PM										1:00 PM
2:00 PM										2:00 PM
3:00 PM			Murray High Swim/Polo Team 2:30PM - 4PM							
4:00 PM		MAC Bronze; 4PM - 5PM OR 5PM - 6PM Silver; 4:30 PM - 6PM Gold; 4PM - 6PM								4:00 PM
5:00 PM										5:00 PM
6:00 PM	Aqua Fit-Shallow 6PM - 7PM	Pre-MAC* 6PM - 6:50PM	Pre-MAC* 6PM - 6:50PM	Lap Swim 6PM - 8PM	Lap Swim 6PM - 8PM	Lap Swim 6PM - 8PM	AQUALOGIX* 6:30PM - 7:30PM			6:00 PM
7:00 PM	Open Plunge 7PM - 9:45PM	Boy Scouts* 7PM - 9PM	Boy Scouts* 7PM - 9PM	OPEN WATER POLO 8PM - 9:30PM						7:00 PM
8:00 PM										8:00 PM
9:00 PM		Lap Swim 9PM - 9:45PM	Lap Swim 9PM - 9:45PM							9:00 PM
10:00 PM				Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM	Lap Swim 9:30 - 9:45PM

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomidate pool programing.

Thursday

The Park Center Aquatics Schedule

Thursday

Time	Leisure Pool	Competition Pool								Time		
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8			
5:00 AM	Adult Only Time 5AM - 10AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM		
6:00 AM		Murray High Swim Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-7AM (2-4 Lanes in Use) 7-8:30AM (Entire Pool Closed) "B" Days NO PRACTICE								6:00 AM		
7:00 AM										6:00 AM		
8:00 AM	Easy Does It-Shallow 8:00AM - 8:45AM	Murray High Swim/Polo Team 3PM - 4:30PM								8:00 AM		
9:00 AM	Aqua Fit-Shallow 9AM - 10AM									9:00 AM		
10:00 AM	Adult Only Time 10AM - 11AM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	10:00 AM		
11:00 AM	Open Plunge 11PM - 3:50PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	11:00 AM		
12:00 PM		12:00 PM										
1:00 PM		1:00 PM										
2:00 PM		2:00 PM										
3:00 PM	3:00 PM	MAC* Silver: 4:30PM - 6PM Gold: 4:30PM - 6:30PM								3:00 PM		
4:00 PM	4:00 PM											
5:00 PM	Swim Lessons 4PM - 7PM	Swim Lessons* 4PM - 7PM	Swim Lessons* 4PM - 7PM	Swim Lessons* 6PM - 7PM				Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	Lap Swim 6:30PM - 7PM	5:00 PM
6:00 PM	6:00 PM	6:00 PM	6:00 PM					6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM
7:00 PM	Open Plunge 7PM - 9:45PM	Youth Water Polo* 7-8:30PM								7:00 PM		
8:00 PM										8:00 PM		
9:00 PM		Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	Lap Swim 8:30PM - 9:45PM	9:00 PM	
10:00 PM		10:00 PM										

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomidate pool programing.

Friday

The Park Center Aquatics Schedule

Friday

Time	Leisure Pool	Competition Pool								Time	
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00 AM	Adult Only Time 5AM - 11AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM	
6:00 AM		Murray High Swim Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-7AM (2-4 Lanes in Use) 7-8:30AM (Entire Pool Closed) "B" Days NO PRACTICE								6:00 AM	
7:00 AM										7:00 AM	
8:00 AM										8:00 AM	
9:00 AM	Open Plunge 11AM - 9:45PM	Aqua Fit - Deep 8:45AM - 9:45AM									9:00 AM
10:00 AM										10:00 AM	
11:00 AM		Lap Swim 9:45AM - 3PM	Lap Swim 9:45AM - 3PM	Lap Swim 9:45AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	11:00 AM	
12:00 PM										12:00 PM	
1:00 PM										1:00 PM	
2:00 PM										2:00 PM	
3:00 PM			Murray High Swim/Polo Team 3PM - 4PM								3:00 PM
4:00 PM			MAC Bronze; 4PM - 5PM OR 5PM - 6PM Silver; 4:30 PM - 6PM Gold; 4PM - 6PM								4:00 PM
5:00 PM											5:00 PM
6:00 PM											6:00 PM
7:00 PM										7:00 PM	
8:00 PM		Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	Lap Swim 6PM -9:45 PM	8:00 PM	
9:00 PM										9:00 PM	
10:00 PM										10:00 PM	

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomodate pool programming.

SATURDAY

The Park Center Aquatics Schedule

SATURDAY

Time	Leisure Pool	Competition Pool								Time	
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00 AM										5:00 AM	
6:00 AM										6:00 AM	
7:00 AM	Adult Only Time 7AM - 9AM			MAC Gold & Silver 7AM - 8:30AM							7:00 AM
8:00 AM											8:00 AM
9:00 AM	SWIM LESSONS 9AM - 12PM	SWIM LESSONS 9AM - 12PM	SWIM LESSONS 9AM - 12PM				AQUALOGIX* 9:15AM - 10:15AM			9:00 AM	
10:00 AM										10:00 AM	
11:00 AM	Open Plunge 12PM - 6:45PM	Lap Swim 12:00PM - 6:45PM	Lap Swim 12:00PM - 6:45PM	Lap Swim 8:30AM - 6:45PM	Lap Swim 8:30AM - 6:45PM	Lap Swim 8:30AM - 6:45PM	Lap Swim 9:15AM - 6:45PM	Lap Swim 9:15AM - 6:45PM	Lap Swim 9:15AM - 6:45PM	11:00 AM	
12:00 PM										12:00 PM	
1:00 PM										1:00 PM	
2:00 PM										2:00 PM	
3:00 PM										3:00 PM	
4:00 PM										4:00 PM	
5:00 PM										5:00 PM	
6:00 PM										6:00 PM	
7:00 PM										7:00 PM	
8:00 PM										8:00 PM	
9:00 PM										9:00 PM	
10:00 PM										10:00 PM	

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.
You may be asked to move/change/share lanes to better accomidate pool programming.