

NAC Lap Pool Schedule, Effective September 2011

	Monday					Tuesday					Wednesday					Thursday				
	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
530	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
600	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
630	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Master Swim			Rec/Lap	Lap	Lap	Lap	Lap
700	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Master Swim			Rec/Lap	Lap	Lap	Lap	Lap
730	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
800	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
830	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
900	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise	
930	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise	
1000	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Lap	Lap
1030	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
1100	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
1130	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
1200	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
1230	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
100	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
130	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
200	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
230	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
300	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
330	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
400	Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons		
430	Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons		
500	Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons			Rec/Lap	Lap	Lessons		
530	Rec/Lap	Swim Team				Rec/Lap	Lap	Lessons			Rec/Lap	Swim Team				Rec/Lap	Lap	Lap	Group Exercise	
600	Rec/Lap	Swim Team				Rec/Lap	Lap	Lessons			Rec/Lap	Swim Team				Rec/Lap	Lap	Lap	Group Exercise	
630	Rec/Lap	Swim Team				Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Swim Team				Rec/Lap	Swim Team			
700	Rec/Lap	Swim Team				Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Swim Team				Rec/Lap	Swim Team			
730	Rec/Lap	Swim Team				Rec/Lap	Lap	Master Swim			Rec/Lap	Swim Team				Rec/Lap	Swim Team			
800	Rec/Lap	Swim Team				Rec/Lap	Lap	Master Swim			Rec/Lap	Swim Team				Rec/Lap	Lap	Master Swim		
830	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Master Swim		
900	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap
930	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap

* Schedule subject to change *

* Private Lessons may utilize lanes as long as there are still 2 lap lanes open for members to use *

NAC Lap Pool Schedule, Effective September 2011

Friday																	Saturday					Sunday				
Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1												
530	Rec/Lap	Lap	Lap	Lap	Lap	POOL OPENS AT 6AM																				
600	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	600										
630	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	630										
700	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	700										
730	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	730										
800	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	800										
830	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		830										
900	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		900										
930	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Lap	Lap	930										
1000	Rec/Lap	Lap	Lap	Group Exercise		Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lap	Lap	1000										
1030	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lessons		Rec/Lap	Lap	Lap	Lessons		1030										
1100	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lessons		Rec/Lap	Lap	Lap	Lessons		1100										
1130	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lessons		Rec/Lap	Lap	Lap	Lessons		1130										
1200	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lessons		Rec/Lap	Lap	Lap	Lessons		1200										
1230	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Lessons		Rec/Lap	Lap	Lap	Lessons		1230										
100	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		100										
130	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		130										
200	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		200										
230	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		230										
300	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		300										
330	Rec/Lap	Lap	Lap	Lap	Lap	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		330										
400	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		400										
430	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		430										
500	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		500										
530	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		530										
600	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		600										
630	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		630										
700	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		700										
730	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		730										
800	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		800										
830	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		830										
900	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		900										
930	Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		Rec/Lap	Lap	Lap	Parties		930										

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