

Lap Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
← Lap Swimming Lanes 2—4, Free Exercise Lane 1 Open — 9:00am →						
Family Swim 1pm—3pm Lanes 1 & 2 Lap Swim Lanes 2—4 Exercise Lane 1 Open—1pm AND 3pm Until Close THERAPY POOL SCHEDULE and POLICIES are on the back of this schedule.	H2O Aerobics 9:30-10:15am Lanes 1 & 2	Lap Swim Lanes 2—4 Exercise Lane 1 9:00am— 5:30pm	H2O Aerobics 9:30-10:15am Lanes 1 & 2	Lap Swim Lanes 2—4 Exercise Lane 1 9:00am— 5:30pm	H2O Aerobics 9:30-10:15am Lanes 1 & 2	Swim Lessons 9:00- 11:00am Lanes 1 & 2
	Lap Swim Lanes 2—4 Exercise Lane 1 10:15—5:30pm		Lap Swim Lanes 2—4 Exercise Lane 1 10:15am— 6:30pm		Lap Swim Lanes 2—4 Exercise Lane 1 10:15am - 8:00pm	Family Swim 1:00-3:00pm Lanes 1 & 2
	Only one available lane 5:30—6:30pm	H2O Aerobics 5:30-6:30pm Lanes 1 & 2	Arkansas Canoe Club Kayak Roll Classes Jan. 10 & 24 Feb. 14 & 28 March 14 & 28 6:30—8:30pm Lanes 3 & 4 Two Intro to Kayaking classes will be held in April. Contact info.: Diane Cheshier 479.783.0229 dcheshier@fortsmithlibrary.org	No lanes available 5:30—6:30	Mercy Archangels JR Swim Team 5:30—6:30pm Lanes 3 & 4 H2O Aerobics 5:30-6:30pm Lanes 1 & 2	Lap Swim Lanes 2—4 Exercise Lane 1 OPEN—1:pm AND 3pm—CLOSE
	NEW! Mercy Archangels JR Swim Team 5:30—6:30pm Lanes 3 & 4 Swim Lessons 5:30-7:15pm Lane 1 Lap Swim Lanes 2—4 Exercise Lane 1 7:15pm-Close	Lap Swim Lanes 2—4 Exercise Lane 1 6:30pm—Close		Lap Swim Lanes 2—4 Exercise Lane 1 6:30pm—Close		NEW!

- Times not listed are for lap swimming and water exercise / walking. ***Water exercise / walking is encouraged, we just ask that it is confined to lane ONE unless there are more than 3 people, then you may access other lanes.***
- Our pool is heavily used, if there is more than one lap swimmer in a lane, please be courteous and circle swim or divide the lane into two sections Circle swimming can accommodate up to 4 swimmers per lane. THANK YOU!!!!
- Private swim lessons may use any lane necessary when scheduled. Due to the scheduling process, these times are not posted.
- Those attending **FAMILY SWIM** must abide by the rules posted at the Member Services Desk and again on the wall in the pool area. Attendees not following the posted rules may be asked to leave.
- Swim / Exercise equipment may be used by members during non-class times. This equipment is to be used in its intended capacity or the member will be asked to discontinue use. **Please be sure to return all equipment to its proper storage area when finished.**
- **Arkansas Canoe Club Kayak Roll Classes—these classes are for members of the Arkansas Canoe Club.** Two Introduction to Kayaking sessions will be held in April.