

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	Open Plunge 9AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	Lap Swim 9:00AM - 1:45PM	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.

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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 Polo Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-8:30AM (Entire Pool Closed) "B" Days 6-7:15AM (Entire Pool Closed)								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									10:00 AM
11:00 AM	Open Plunge 11AM - 4:50PM	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		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	12:00 PM
1:00 PM		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	1:00 PM
2:00 PM		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	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	SplashBall 5:15PM - 6PM									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		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	8:00 PM
9:00 PM		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	9:00 PM
10:00 PM		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	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.

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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 Polo Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-8:30AM (Entire Pool Closed) "B" Days 6-7:15AM (Entire Pool Closed)								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										10:00 PM

LAP SWIMMING ETIQUETTE

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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 Polo Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-8:30AM (Entire Pool Closed) "B" Days 6-7:15AM (Entire Pool Closed)								6:00 AM
7:00 AM										6:00 AM
8:00 AM										6:00 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 - 4:50PM	Lap Swim 9:45AM - 2:30PM	Lap Swim 9:45AM - 2:30PM	Lap Swim 9:45AM - 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	Lap Swim 8:30AM - 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	SplashBall 5:15PM - 6PM									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			OPEN WATER POLO 8PM - 9:30PM						7:00 PM
8:00 PM		Lap Swim 7PM - 9:45PM	Lap Swim 7PM - 9:45PM							8:00 PM
9:00 PM										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

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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 Polo Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-8:30AM (Entire Pool Closed) "B" Days 6-7:15AM (Entire Pool Closed)								6:00 AM										
7:00 AM										7:00 AM										
8:00 AM										8:00 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									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		MAC* Silver: 4:30PM - 6PM Gold: 4:30PM - 6:30PM								3:00 PM										
4:00 PM	Swim Lessons 4PM - 7PM									Swim Lessons* 4PM - 7PM	Swim Lessons* 4PM - 7PM	Swim Lessons* 6PM - 7PM				Swim Lessons* 6PM - 7PM				4:00 PM
5:00 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		10:00 PM																		

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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 Polo Team 6AM - 8:30AM (A/B Schedule) "A" Days 6-8:30AM (Entire Pool Closed) "B" Days 6-7:15AM (Entire Pool Closed)								6:00 AM	
7:00 AM										7:00 AM	
8:00 AM										8:00 AM	
9:00 AM		Aqua Fit - Deep 8:45AM - 9:45AM									9:00 AM
10:00 AM	Open Plunge 11AM - 9:45PM									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		Youth Polo Swim Practice 6PM - 7 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	Lap Swim 6PM - 9:45 PM	8:00 PM	
9:00 PM									9:00 PM		
10:00 PM									10:00 PM		

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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 9AM - 10AM			9:00 AM
10:00 AM										10:00 AM
11:00 AM										11:00 AM
12:00 PM	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 10AM - 6:45PM	Lap Swim 10AM - 6:45PM	Lap Swim 10AM - 6:45PM	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

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