WEST Lane Schedule (Starting March 29, 2021) - COVID 2020-2021 Season

Monday

1	2	3	4	5	6
Senior 1 5:30 - 7:30am					
Lap Swim 7:30 - 11:00am					
Lessons 11:00 - 12:00pm					
Lap Swim 12:00 - 2:30pm					
Jackson HS Practice 2:30 - 4:30pm					
Challenge 4:00 - 5:00pm	Discover 1 4:00 - 5:00pm				
Embark 1 5:00 - 5:30pm	Explore 1 5:00 - 5:30pm				
Lessons 5:30 - 7:00pm					
PreComp 7:00 - 7:30pm	SwimFit 7:00 - 7:30pm				
Accelerate 7:30 - 9:00pm					

Dryland

Senior	2:30 - 4:00pm
Accelerate (M/W)	7:00 - 7:30pm

Tuesday

1	2	3	4	5	6
Senior 1 5:30 - 7:30am					
Aerobics 1 7:45 - 8:30am					
Aerobics 2 8:30 - 9:15am					
Lap Swim 9:30 - 11:00am					
Lessons 11:00 - 12:00pm					
Lap Swim 12:00 - 2:30pm					
Jackson HS Practice 2:30 - 4:30pm					
Challenge 4:00 - 5:00pm	Discover 1 4:00 - 5:00pm				
Embark 2 5:00 - 5:30pm	Explore 2 5:00 - 5:30pm				
Lessons 5:30 - 7:00pm					
PreComp 7:00 - 7:30pm	SwimFit 7:00 - 7:30pm				
Accelerate 7:30 - 9:00pm					

Dryland

Senior	2:30 - 4:00pm
Accelerate (T/H)	7:00 - 7:30pm

Wednesday

1	2	3	4	5	6
Senior 1 5:30 - 7:30am					
Lap Swim 7:30 - 11:00am					
Lessons 11:00 - 12:00pm					
Lap Swim 12:00 - 2:30pm					
Jackson HS Practice 2:30 - 4:30pm					
Challenge 4:00 - 5:00pm	Discover 1 4:00 - 5:00pm				
Embark 1 5:00 - 5:30pm	Explore 1 5:00 - 5:30pm				
Lessons 5:30 - 7:00pm					
PreComp 7:00 - 7:30pm	SwimFit 7:00 - 7:30pm				
Accelerate 7:30 - 9:00pm					

Dryland

Senior	2:30 - 4:00pm
Accelerate (M/W)	7:00 - 7:30pm

Thursday

1	2	3	4	5	6
Senior 1 5:30 - 7:30am					
Aerobics 1 7:45 - 8:30am					
Aerobics 2 8:30 - 9:15am					
Lap Swim 9:30 - 11:00am					
Lessons 11:00 - 12:00pm					
Lap Swim 12:00 - 2:30pm					
Jackson HS Practice 2:30 - 4:30pm					
Challenge 4:00 - 5:00pm	Discover 1 4:00 - 5:00pm				
Embark 2 5:00 - 5:30pm	Explore 2 5:00 - 5:30pm				
Lessons 5:30 - 7:00pm					
PreComp 7:00 - 7:30pm	SwimFit 7:00 - 7:30pm				
Accelerate 7:30 - 9:00pm					

Dryland

Senior	2:30 - 4:00pm
Accelerate (T/H)	7:00 - 7:30pm

Friday

1	2	3	4	5	6
Senior 1 5:30 - 7:30am					
Lap Swim 7:30 - 1:30pm					
Accelerate 2:00 - 3:30pm					
Challenge 3:30 - 5:00pm					
Discover 1 & 2 5:00 - 6:15pm					
Embark 6:15 - 7:00pm					
Explore 7:00 - 8:00pm					
Masters 8:00 - 9:00pm					

Saturday

1	2	3	4	5	6
SSCD Rental					
Senior 7:30 - 10:30am					
Challenge + Discover 10:30am - 12:00pm					
Lessons 12:00 - 2:00pm					
PreComp 2:00 - 2:30pm	SwimFit 2:00 - 2:30pm				
Explorer 2:30 - 3:30pm					
LANE RENTAL					

Dryland

Challenge + Discover	10:00 - 10:30am

Sunday

1	2	3	4	5	6
Accelerate 9:30 - 12:00pm					
Lessons 12:00 - 2:00pm					
PreComp 7:00 - 7:30pm	SwimFit 7:00 - 7:30pm				
Embark 2:30 - 3:30pm					
LANE RENTAL					