## **January 22 - January 28, 2024**

Lap Swim Requirements: Age 17 and older; If under 17, swim a 300 (12 laps) continuously to not have a parent in the water; If under 17 and cannot swim 12 laps continuously, must have a parent in lane and be able to pass deep end swim test.

Find schedule online at: https://northlibertyiowa.org/calendar/aquatics/

NCJH Girls and Boys Swim Team will practice 10/11/23 - 01/22/24

\*At times private swim lessons may be taking place during lap swim\*

| <u>Monday</u>             | <u>Tuesday</u>                                   | <u>Wednesday</u>          | <u>Thursday</u>   | <u>Friday</u>             | <u>Saturday</u>                     | <u>Sunday</u>             |
|---------------------------|--|---------------------------|---|---------------------------|-------------------------------------|---------------------------|
| Open at 6:00am            | Open at 6:00am                                   | Open at 6:00am            | Open at 6:00am  | Open at 6:00am            |                                     |                           |
| Lap Swim                  | Lap Swim   | Lap Swim                  | Lap Swim  | Lap Swim                  |                                     |                           |
| 6:00am-7:55am             | 6:00am-9:55am                                    | 6:00am-7:55am             | 6:00am-9:55am   | 6:00am-7:55am             |                                     |                           |
| 6 Lanes Available         | 6 Lanes Available                                | 6 Lanes Available         | 6 Lanes Available   | 6 Lanes Available         |                                     |                           |
| Zero Entry Closed         | Zero Entry Open at 9:00am                        | Zero Entry Closed         | Zero Entry Open at 9:00am                                   | Zero Entry Closed         |                                     |                           |
| Aqua - Water Resistance   |  | Aqua - Water Resistance   |   | Aqua - Water Resistance   |                                     |                           |
| 8:00am-8:50am             |  | 8:00am-8:50am             |   | 8:00am-8:50am             |                                     |                           |
| 2 Lanes Available         |  | 2 Lanes Available         |   | 2 Lanes Available         | Open at 8:00am                      | Open at 8:00am            |
| Aqua - Easy Does It       |  | Aqua - Easy Does It       |   | Aqua - Easy Does It       | Lap Swim                            | Lap Swim                  |
| 9:00am-9:50am             |  | 9:00am-9:50am             |   | 9:00am-9:50am             | 8:00am-9:00am                       | 8:00am-9:15am             |
| 2 Lanes Available         |  | 2 Lanes Available         |   | 2 Lanes Available         | 6 Lanes / Zero Entry Open           | 6 Lanes / Zero Entry Open |
| Zero Entry Open at 9:00am |  | Zero Entry Open at 9:00am |   | Zero Entry Open at 9:00am | Swim Lessons / Lap Swim             | Aqua Zumba / Lap Swim     |
| Arthritis Class           | Arthritis Class                                  | Arthritis Class           | Arthritis Class   | Arthritis Class           | 9:00am-11:15am                      | 9:15am-10:00am            |
| 10:00am-10:50am           | 10:00am-10:50am                                  | 10:00am-10:50am           | 10:00am-10:50am   | 10:00am-10:50am           | 4 Lanes Available/Zero Entry Closed |                           |
| 2 Lanes Available         | 2 Lanes Available                                | 2 Lanes Available         | 2 Lanes Available   | 2 Lanes Available         | Lap Swim                            | Lap Swim                  |
| Zero Entry Open           | Zero Entry Open                                  | Zero Entry Open           | Zero Entry Open   | Zero Entry Open           | 11:15am-1:00pm                      | 10:05am-1:00pm            |
| Lap Swim                  | Lap Swim   | Lap Swim                  | Lap Swim  | Lap Swim                  | 6 Lanes / Zero Entry Open           | 6 Lanes / Zero Entry Open |
| 11:00am-4:30pm            | 11:00am-4:30pm                                   | 11:00am-4:30pm            | 11:00am-4:30pm  | 11:00am-5:30pm            | Open Swim                           | Open Swim                 |
| 6 Lanes Available         | 6 Lanes Available                                | 6 Lanes Available         | 6 Lanes Available   | 6 Lanes Available         | 1:00pm-5:55pm                       | 1:00pm-5:55pm             |
| Zero Entry Open           | Zero Entry Open                                  | Zero Entry Open           | Zero Entry Open   | Zero Entry Open           |                                     |                           |
|                           |  |                           |   |                           | 1 Lap Lane Available                | 1 Lap Lane Available      |
|                           |  |                           |   |                           |                                     |                           |
|                           |  |                           |   |                           | Zero Entry Open                     | Zero Entry Open           |
|                           |  |                           |   |                           | Diving Board Open                   | Diving Board Open         |
|                           | Swim Lessons / Lap Swim                          |                           |   |                           | Basketball Hoop Open                | Basketball Hoop Open      |
|                           | 4:30pm-5:40pm                                    |                           |   |                           |                                     |                           |
|                           | 2 Lap Lanes / Zero Entry Closed                  |                           | Swim Lessons / Lap Swim                                     |                           |                                     |                           |
| Swim Lessons / NCJH Team  | Swim Lessons / Aqua Class<br>5:40pm-6:30pm       | 4:30pm-7:00pm             | 4:30pm-5:40pm   |                           |                                     |                           |
| 4:30pm-7:00pm             | Pool Closed                                      | Pool Closed               | 2 Lap Lanes / Zero Entry Closed Swim Lessons / Aqua Class   |                           | Closed at 6:00pm                    | Closed at 6:00pm          |
| 4.30pm-7.00pm             |  | Pool Closed               | •   | Open Swim                 | Closed at 6.00pm                    | Closed at 6.00pm          |
| Pool Closed               | *2 Lap Lanes open at 6:30pm<br>Zero Entry Closed |                           | 5:40pm-6:30pm - Pool Closed<br>At 6:30pm - 2 Lap Lanes Open | 5:30pm-8:55pm             |                                     |                           |
| Pool Closed               | Aqua Zumba                                       | Aqua Aerobics + Toning    | Swim Team / Lap Swim  | 5.50pm-6.55pm             |                                     |                           |
| Lap Swim                  | 7:15pm-8:00pm                                    | 7:15pm-8:05pm             | 7:00pm-8:00pm   | 1 Lap Lane Available      | Pool Rentals                        | Pool Rentals              |
|                           | 2 Lap Lanes / Zero Entry Open                    |                           | 2 Lap Lanes / Zero Entry Open                               | Lap Lane Available        | Pool Relitais                       | FOOI Rentals              |
| 6 Lanes Available         | Lap Swim   | Lap Swim                  | Lap Swim  | Diving / Basketball Open  | 6:00pm-7:30pm                       | 6:00pm-7:30pm             |
| Zero Entry Open           | 8:05pm-8:55pm                                    | 8:10pm-8:55pm             | 8:05pm-8:55pm   | Zero Entry Open           | 7:45pm-9:15pm                       | 7:45pm-9:15pm             |
| Zero Liftiy Open          | 6 Lanes Available                                | 6 Lanes Available         | 6 Lanes Available   | Zero Entry Open           | 7.40pm-3.10pm                       | 7.40piii-3.10piii         |
|                           | Zero Entry Open                                  | Zero Entry Closed         | Zero Entry Open   |                           |                                     |                           |
| Closed at 9:00pm          | Closed at 9:00pm                                 | Closed at 9:00pm          | Closed at 9:00pm  | Closed at 9:00pm          |                                     |                           |
| Ciosed at 3.00pill        | Ciosed at 3.00pm                                 | Olosed at 3.00pill        | Closed at 3.00pm  | Olosed at 3.00pill        |                                     |                           |