










Competition Pool Summer Schedule

Lap Lane available at all times for Members

Monday - Thursday 5:30 am - 9:00 pm; Friday 5:30am - 8:30pm

Saturday 7:30 am – 5:30 pm, Sunday 11:30 am - 5:30 pm

**GREATER PALM
HARBOR BRANCH**

 Tuesday	 Wednesday	Thursday	 Friday	Sat/Sun	
5:30-6:30 am SwimFit practice (Coach Matt)		5:30-6:30 am SwimFit practice (Coach Matt)			
7:00am-10:45am PYP/Shark Swim Practice (PYP Coaches)	7:00am-10:45am PYP/Shark Swim Practice (PYP Coaches)	7:00am-10:45am PYP/Shark Swim Practice (PYP Coaches)	7:00am-10:45am PYP/Shark Swim Practice (PYP Coaches)	7:00am-10:45am PYP/Shark Swim Practice (PYP Coaches)	8:15 - 10:45am PYP Swim Practice (Sat. Only) (Coach Lisa)
7:00am-11:00am Diving (Coach Dianne)	10:00am-11:00am Deep Water Ex (Maureen)	7:00am-11:00am Diving (Coach Dianne)	10:00am-11:00am Deep Water Ex (Maureen)	7:00am-11:00am Diving (Coach Dianne)	11:00am-12Noon Special Olympics (Sat. Only) (Teresa)
10:45am-11:45am Hydro Strength (Annie)	11:00am-Noon Swimming Dragons (George)	10:45am-11:45am Hydro Strength (Annie)	11:00am-Noon Swimming Dragons (George)		11:00am-Noon Swimming Dragons (Sat. Only) (George)
	12:30pm-1:30pm Adult Swim for Fitness Class		12:30pm-1:30pm Adult Swim for Fitness Class		12-12:30 pm Swimming Dragons II (Sat. Only) (George)
					Pool Opens at 11:30am on Sundays
3:00-7:30pm PYP/Shark Swim Practice (PYP Coaches)	3:00pm-7:30pm PYP/Shark Swim Practice (PYP Coaches)	3:00pm-7:30pm PYP/Shark Swim Practice (PYP Coaches)	3:00pm-7:30pm PYP/Shark Swim Practice (PYP Coaches)	3:00pm - 7:30pm PYP/Shark Swim Practice (PYP Coaches)	
					
7:30pm-8:30pm SwimFit (Coach Jerry)		7:30-8:30pm SwimFit (Coach Jerry)			
7:30-8:15pm Swimming Dragons I (George)		7:30-8:15pm Swimming Dragons I (George)			
8:20-8:40pm Swimming Dragons II (George)		8:20-8:40pm Swimming Dragons II (George)			