

MONDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0									
5:30 AM												5:30 AM								
5:45 AM												5:45 AM								
6:00 AM	CITY OF ALLEN	CITY OF ALLEN							Morning Mix-Up 6:00-6:30			6:00 AM								
6:15 AM													6:15 AM							
6:30 AM					Allen High School - Swim Team 6:30-8:25									6:30 AM						
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9:00 AM	Deep Water Mix 9:00-9:50					COA	COA					9:00 AM								
9:15 AM												9:15 AM								
9:30 AM												9:30 AM								
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10:00 AM	CITY OF ALLEN	CITY OF ALLEN										10:00 AM								
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11:30 AM							Allen High School - JV Practice 11:15-12:15					11:30 AM								
11:45 AM														11:45 AM						
12:00 PM														12:00 PM						
12:15 PM	Deep Water Lunch 12:00-1:00					COA	COA					12:15 PM								
12:30 PM												12:30 PM								
12:45 PM												12:45 PM								
1:00 PM	CITY OF ALLEN	CITY OF ALLEN										1:00 PM								
1:15 PM													1:15 PM							
1:30 PM										Allen High School - P.E. 1:25-2:10 ("A" Days only)				1:30 PM						
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3:00 PM					Metroplex Aquatics						Allen High School - Diving Team 2:45-4:00				3:00 PM					
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7:15 PM	Deep Water Challenge 7:00-8:00				COA	COA					7:15 PM									
7:30 PM											7:30 PM									
7:45 PM											7:45 PM									
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8:15 PM	CITY OF ALLEN								Stroke Clinic			8:15 PM								
8:30 PM														8:30 PM						
8:45 PM														8:45 PM						
UPDATED 8/21/18										Fall 2018										

TUESDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0				
5:30 AM	CITY OF ALLEN	CITY OF ALLEN										5:30 AM			
5:45 AM													5:45 AM		
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6:30 AM			Allen High School - Swim Team 6:30-8:25											6:30 AM	
6:45 AM														6:45 AM	
7:00 AM														7:00 AM	
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8:45 AM												8:45 AM			
9:00 AM	Deep/Shallow Water Energy				COA	COA						9:00 AM			
9:15 AM	9:00-9:30											9:15 AM			
9:30 AM	CITY OF ALLEN	CITY OF ALLEN										9:30 AM			
9:45 AM													9:45 AM		
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10:45 AM													10:45 AM		
11:00 AM													11:00 AM		
11:15 AM													11:15 AM		
11:30 AM			Power Splash 11:30-12:30				COA	COA	Allen High School - JV Practice 11:15-12:15					11:30 AM	
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12:30 PM	CITY OF ALLEN	CITY OF ALLEN										12:30 PM			
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1:30 PM										Allen High School - P.E. 1:25-2:10 ("A" Days only)			1:30 PM		
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3:00 PM			Metroplex Aquatics				Allen High School - Diving Team 2:45-4:00					3:00 PM			
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WEDNESDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0				
5:30 AM												5:30 AM			
5:45 AM												5:45 AM			
6:00 AM	CITY OF ALLEN	CITY OF ALLEN							Morning Mix-Up 6:00-6:30			6:00 AM			
6:15 AM													6:15 AM		
6:30 AM			Allen High School - Swim Team 6:30-8:25										6:30 AM		
6:45 AM													6:45 AM		
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8:45 AM												8:45 AM			
9:00 AM	Deep Water Mix 9:00-9:50					COA	COA					9:00 AM			
9:15 AM												9:15 AM			
9:30 AM												9:30 AM			
9:45 AM												9:45 AM			
10:00 AM	CITY OF ALLEN	CITY OF ALLEN										10:00 AM			
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11:15 AM									Allen High School - JV Practice 11:15-12:15				11:15 AM		
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12:00 PM	Deep Water Lunch 12:00-1:00					COA	COA					12:00 PM			
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12:45 PM												12:45 PM			
1:00 PM	CITY OF ALLEN	CITY OF ALLEN										1:00 PM			
1:15 PM									Allen High School - P.E. 1:25-2:10 ("A" Days only)				1:15 PM		
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7:00 PM	Deep Water Challenge 7:00-8:00					COA	COA					7:00 PM			
7:15 PM										7:15 PM					
7:30 PM											7:30 PM				
7:45 PM											7:45 PM				
8:00 PM	CITY OF ALLEN							Stroke Clinic				8:00 PM			
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UPDATED 8/21/18

Fall 2018

THURSDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0									
5:30 AM	CITY OF ALLEN	CITY OF ALLEN										5:30 AM								
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6:30 AM					Allen High School - Swim Team 6:30-8:25										6:30 AM					
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9:00 AM	Deep Water Energy 9:00-10:00				COA	COA						9:00 AM								
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11:30 AM	Power Splash 11:30-12:30				COA	COA	Allen High School - JV Practice 11:15-12:15						11:30 AM							
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UPDATED 8/21/18										Fall 2018										

FRIDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0								
5:30 AM	CITY OF ALLEN	CITY OF ALLEN										5:30 AM							
5:45 AM													5:45 AM						
6:00 AM										Morning Mix-Up 6:00-6:30			6:00 AM						
6:15 AM					Allen High School - Swim Team 6:30-8:25									6:15 AM					
6:30 AM																			6:30 AM
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8:45 AM											8:45 AM								
9:00 AM	Deep Water Mix 9:00-9:50				COA	COA						9:00 AM							
9:15 AM												9:15 AM							
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9:45 AM	CITY OF ALLEN	CITY OF ALLEN										9:45 AM							
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11:15 AM									Allen High School - JV Practice 11:15-12:15				11:15 AM						
11:30 AM															11:30 AM				
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12:15 PM	Deep Water Lunch 12:15-1:15				COA	COA						12:15 PM							
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1:00 PM	CITY OF ALLEN	CITY OF ALLEN										1:00 PM							
1:15 PM									Allen High School - P.E. 1:25-2:10 ("A" Days only)				1:15 PM						
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2:45 PM									Allen High School - Diving Team 2:45-4:00				2:45 PM						
3:00 PM					Metroplex Aquatics											3:00 PM			
3:15 PM																	3:15 PM		
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4:00 PM	CITY OF ALLEN	CITY OF ALLEN										4:00 PM							
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SATURDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0													
8:00 AM	CITY OF ALLEN	CITY OF ALLEN	Metroplex Aquatics							LEARN TO SWIM	LEARN TO SWIM	8:00 AM												
8:15 AM												8:15 AM												
8:30 AM												8:30 AM												
8:45 AM												8:45 AM												
9:00 AM												9:00 AM												
9:15 AM												9:15 AM												
9:30 AM												9:30 AM												
9:45 AM												9:45 AM												
10:00 AM	Total Fitness Deep 10:00-11:00		COA	COA	Metroplex Aquatics				LEARN TO SWIM	LEARN TO SWIM	10:00 AM													
10:15 AM	10:15 AM																							
10:30 AM	Total Fitness Deep 10:00-11:00										10:30 AM													
10:45 AM	Total Fitness Deep 10:00-11:00										10:45 AM													
11:00 AM	CITY OF ALLEN	CITY OF ALLEN	LEARN TO SWIM	Stroke Clinic 11:00-1:00							LEARN TO SWIM	LEARN TO SWIM	11:00 AM											
11:15 AM													11:15 AM											
11:30 AM													11:30 AM											
11:45 AM													11:45 AM											
12:00 PM				Stroke Clinic 11:00-1:00							Springboard Diving 12:00-1:00		12:00 PM											
12:15 PM													12:15 PM											
12:30 PM													12:30 PM											
12:45 PM													12:45 PM											
1:00 PM				CITY OF ALLEN							LEARN TO SWIM		Open Diving 1:00-5:45		1:00 PM									
1:15 PM															1:15 PM									
1:30 PM															1:30 PM									
1:45 PM															1:45 PM									
2:00 PM															Play Tri (Youth) 2:00-3:00									2:00 PM
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3:30 PM	Play Tri (Youth) 3:30-5:00																				3:30 PM			
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5:45 PM										5:45 PM														
UPDATED 8/21/18										Fall 2018														

SUNDAY

	LANE 10	LANE 9	LANE 8	LANE 7	LANE 6	LANE 5	LANE 4	LANE 3	LANE 2	LANE 1	LANE 0		
1:00 AM	CITY OF ALLEN	CITY OF ALLEN				LEARN TO SWIM	Open Diving 1:00-5:45					1:00 AM	
1:15 AM			1:15 AM										
1:30 AM			1:30 AM										
1:45 AM			1:45 AM										
2:00 AM			2:00 AM										
2:15 AM			2:15 AM										
2:30 AM	Total Fitness Deep 2:30-3:30			COA	COA							2:30 AM	
2:45 AM												2:45 AM	
3:00 AM												3:00 AM	
3:15 AM												3:15 AM	
3:30 AM	CITY OF ALLEN	CITY OF ALLEN	Play Tri (Adults) 3:30-5:00										3:30 AM
3:45 AM												3:45 AM	
4:00 AM												4:00 AM	
4:15 AM												4:15 AM	
4:30 AM												4:30 AM	
4:45 AM							4:45 AM						
5:00 AM						LTS	5:00 AM						
5:15 AM					5:15 AM								
5:30 AM					5:30 AM								
5:45 AM					5:45 AM								
UPDATED 8/21/18										Fall 2018			

LEISURE POOL LANE SCHEDULE: 2018 FALL

MONDAY

	LANE 3	LANE 2	LANE 1			
5:00 AM						
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM	Morning Mix Up 6:00-7:00					
6:15 AM						
6:30 AM						
6:45 AM	Making Waves 7:30-8:30					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
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9:45 AM						
10:00 AM						
10:15 AM	SilverSneakers: Splash 10:15-11:00					
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM				Moving Really Matters 11:45-12:45		
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM	Open Swim 1:00-8:45					
1:45 PM						
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3:15 PM				Metroplex Aquatics 3:10-4:00		
3:30 PM						
3:45 PM						
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4:45 PM						
5:00 PM						
5:15 PM	Play Tri - Youth 4:30-7:00					
5:30 PM						
5:45 PM						
6:00 PM	Learn to Swim - Sharks 4:00-8:30					
6:15 PM						
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TUESDAY

	LANE 3	LANE 2	LANE 1
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8:30 AM	Deep/Shallow Water Energy 8:30-9:00		
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12:00 PM	Moving Really Matters 11:45-12:45		
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3:15 PM	Metroplex Aquatics 3:10-4:00		
3:30 PM			
3:45 PM			
4:00 PM			
4:15 PM			
4:30 PM			
4:45 PM			
5:00 PM			
5:15 PM	Learn to Swim - Sharks 4:00-8:30		
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WEDNESDAY

	LANE 3	LANE 2	LANE 1		
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8:45 AM					
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9:15 AM					
9:30 AM	Functional Fitness 9:20-10:10				
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM	SilverSneakers: Splash 10:15-11:00				
10:45 AM					
11:00 AM					
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM					
12:30 PM					
12:45 PM					
1:00 PM					
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM	Open Swim 1:00-8:45				
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					
5:00 PM				Play Tri - Youth 4:30-7:00	
5:15 PM					
5:30 PM					
5:45 PM	Learn to Swim - Sharks 4:00-8:30				
6:00 PM					
6:15 PM					
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					

THURSDAY

	LANE 3	LANE 2	LANE 1
5:00 AM			
5:15 AM			
5:30 AM			
5:45 AM			
6:00 AM			
6:15 AM			
6:30 AM			
6:45 AM			
7:00 AM			
7:15 AM			
7:30 AM			
7:45 AM			
8:00 AM			
8:15 AM			
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9:30 AM			
9:45 AM			
10:00 AM			
10:15 AM			
10:30 AM			
10:45 AM			
11:00 AM			
11:15 AM			
11:30 AM			
11:45 AM	Moving Really Matters 11:45-12:45		
12:00 PM			
12:15 PM			
12:30 PM			
12:45 PM			
1:00 PM			
1:15 PM			
1:30 PM			
1:45 PM			
2:00 PM			
2:15 PM			
2:30 PM			
2:45 PM			
3:00 PM			
3:15 PM	Metroplex Aquatics 3:10-4:00		
3:30 PM			
3:45 PM			
4:00 PM			
4:15 PM			
4:30 PM			
4:45 PM			
5:00 PM			
5:15 PM	Learn to Swim - Sharks 4:00-8:30		
5:30 PM			
5:45 PM			
6:00 PM			
6:15 PM			
6:30 PM			
6:45 PM			
7:00 PM			
7:15 PM			
7:30 PM			
7:45 PM			
8:00 PM			
8:15 PM			
8:30 PM			
8:45 PM			

FRIDAY

	LANE 3	LANE 2	LANE 1		
5:00 AM					
5:15 AM					
5:30 AM					
5:45 AM					
6:00 AM					
6:15 AM					
6:30 AM					
6:45 AM					
7:00 AM					
7:15 AM					
7:30 AM	Making Waves 7:30-8:30				
7:45 AM					
8:00 AM					
8:15 AM					
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM					
9:30 AM	Functional Fitness 9:20-10:10				
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM	SilverSneakers: Splash 10:15-11:00				
10:45 AM					
11:00 AM					
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM					
12:30 PM					
12:45 PM					
1:00 PM					
1:15 PM					
1:30 PM	Open Swim 1:00-7:45				
1:45 PM					
2:00 PM					
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM				Metroplex Aquatics 3:10-4:00	
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					
5:00 PM					
5:15 PM	Open Swim 1:00-7:45				
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM					
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					

SATURDAY

	LANE 3	LANE 2	LANE 1			
8:00 AM	Learn to Swim 8:00-1:00 PM					
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM	Total Fitness Shallow 9:00-9:55					
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM	Open Swim 1:00-5:45					
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
5:45 PM				ATTENTION: The Lazy River will be closed to patrons who are not participating in the River Robics class on the following days and times: Tuesdays, 6:30-7:30pm Thursdays, 6:30-7:30pm		