

2019 OVAC LAP POOL SCHEDULE

Day/Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	
Open-6:00am-	Lap Swim	LAP SWIM	Lap Swim	LAP SWIM	Lap Swim	club open at 7am	club open at 8am	
6:00am-7:00am	Masters		Masters		Masters			
7:00am-8:00am	LAP SWIM	Masters	LAP SWIM	Masters	LAP SWIM	lap swim		
8:00am-9:00am						Masters 7:30-8:30		
9:00am-10:00am	Masters Technique	LAP SWIM	Masters Technique	LAP SWIM	Masters Technique	LAP SWIM	LAP SWIM	
10:00am-12:00pm	LAP SWIM		LAP SWIM		LAP SWIM			
12:00-1:00pm	Lunch Bunch Masters	LAP SWIM	Lunch Bunch Masters	LAP SWIM	Lunch Bunch Masters	LAP SWIM	LAP SWIM	
1:00-3:45pm	LAP SWIM		LAP SWIM		LAP SWIM			
3:45-4:00		Youth Swim Team		Youth Swim Team	Competition	LAP SWIM	LAP SWIM	
4:00-5:00	Junior		Junior		Junior			
5:00-5:15	Competition	Sr. Comp	Competition	Sr. Comp	Competition	LAP SWIM	LAP SWIM	
5:15-5:30	Sr. Comp		Sr. Comp		Sr. Comp			
5:30-5:45								
5:45-Close	LAP SWIM							

All Lanes Open for LAP SWIM

Class will use 4 of 8 lanes -4 lanes available for lap swimming

One lane available during class

OVAC coaches will always do their best to accommodate lap swimmers. To ensure a comfortable lap swim, it's best to plan your lap pool workout before or after swim classes.

Revised 9/2019

