

January 2023: Shallow end schedule

| 12:30-4:30p | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 8:00-11:30a |
|----------------------|--|------------------------------|------------------------------|---|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 CLOSED | 2 WA 8-10a OS 1-3p | 3 WA 8-9a OS 1-3p | 4 WA 8-10a OS 1-3p | 5 WA 8-9a CLOSED @ 2p FHS MEET | 6 WA 8-10a OS 1-3p | 7 CLOSED |
| 8 OS 12:30-4:30p | 9 WA 8-10a | 10 WA 8-9a AFT 4-5:30p | 11 WA 8-10a | 12 WA 8-9a AFT 4-5:30p | 13 WA 8-10a AFT 4-5:30p FAM 6-7p | 14 CLOSED @ 10a MU MEET |
| 15 OS 12:30-4:30p | 16 WA 8-10a OS 1-3p | 17 WA 8-9a AFT 4-5:30p | 18 WA 8-10a | 19 WA 8-9a CLOSED @ 2p FHS MEET | 20 WA 8-10a AFT 4-5:30p FAM 6-7p | 21 |
| 22 OS 12:30-4:30p | 23 WA 8-10a SL 10-11:30a SL 5-6:40p | 24 WA 8-9a AFT 4-5:30p | 25 WA 8-10a SL 5-6:40p | 26 WA 8-9a SL 10:30-11a AFT 4-5:30p | 27 WA 8-10a AFT 4-5:30p FAM 6-7p | 28 |
| 29 OS 12:30-4:30p | 30 WA 8-10a SL 10-11:30a SL 5-6:40p | 31 WA 8-9a AFT 4-5:30p | | WA: Water Aerobics SL: Swimming Lessons OS: Open Swim AFT: After School Program swim | FAM: Family open swim 1st grade swim lessons | *Pool hours listed above, facility closes 30 minutes after the pool each day. |

January 2023: Lap lane schedule

| 12:30-4:30pm | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 6:00a-7:30p | 8:00-11:30a |
|--------------------|--|--|--|---|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 CLOSED | 2 FA 5:30-6:45a MU 5:30-8a MA 8-10a FHS 11a-1p FA 6-7:15p | 3 MU 5:30-8a MA 8-10a FHS 10a-1p SO 5:30-6:30p FA 6-7:15p | 4 FA 5:30-6:45a MU 5:30-8a MA 8-10a FHS 11a-1p SO 4:30-5:30p FA 6-7:15p | 5 MU 5:30-8a FHS 6-7:30a MA 8-10a CLOSED @ 2pm FHS MEET | 6 MU 5:30-8a FA 5:30-6:45a MA 8-10a FHS 4-6p | 7 CLOSED |
| 8 | 9 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p FA 6-7:15p | 10 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | 11 FA 5:30-6:45a MA 8-10a MU 2-4p SO 4:30-5:30p FA 6-7:15p | 12 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | 13 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p | 14 CLOSED @ 10a MU MEET |
| 15 | 16 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p FA 6-7:15p | 17 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | 18 FA 5:30-6:45a MA 8-10a MU 2-4p SO 4:30-5:30p FA 6-7:15p | 19 FHS 5:30-7a MA 8-10a CLOSED @ 2pm FHS MEET | 20 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p | 21 SO 9-10a |
| 22 | 23 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p FA 6-7:15p | 24 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | 25 FA 5:30-6:45a MA 8-10a MU 2-4p SO 4:30-5:30p FA 6-7:15p | 26 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | 27 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p | 28 |
| 29 | 30 FA 5:30-6:45a MU 5:30-8a MA 8-10a MU 2-4p FHS 4-6p FA 6-7:15p | 31 FHS 5:30-7a MA 8-10a MU 2-4p FHS 4-5:30p SO 5:30-6:30p FA 6-7:15p | SO =Special Olympic Swim Team FHS = Fremont High School Swim Team | FA = FAST Swim Team MU = Midland Swim Team MA =Master's Swim team | *Pool hours listed above, facility closes 30 minutes after the pool each day. | There will be NO lanes available for members on Tuesdays & Thursdays from 5:30- 6:30pm. Sorry for the inconvenience |