

Lap Pool May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Family & Lap Swim Noon-4:45pm 4 lanes lap/2 open Seaweed Diver 1pm-3pm 2 lanes deep end Pool Closes 4:45pm</p>	<p>2 Family & Lap Swim 5am-9am 4 lanes lap/ 2 open SPLASH 9am-Noon 6 lanes shallow end- pool closed except for SPLASH Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap Pool Closed 1:45pm-5:30pm Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Pool Closes 7:30pm</p>	<p>3 Family & Lap Swim 5am-9am 4 lanes lap/2 open Deep Water Jogging 5:10am-5:55am SPLASH 9am- Noon 6 lanes shallow end- pool closed except SPLASH Family & Lap Swim Noon-5pm 4 lanes lap/2 open Pool Closed 5pm-5:30pm Capital Aquatics Swim Team 5:30pm-7:30pm 5 lanes/ 1 lap lane Pool Closes 7:30pm</p>	<p>4 Family & Lap Swim 5am-9am 4 lanes lap/2 open SPLASH 9am- Noon 6 lanes shallow end- pool closed except SPLASH Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap Family & Lap Swim 1:45pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2open Pool Closes 8:45pm</p>	<p>5 Family & Lap Swim 5am-9am 4 lanes lap/2 open SPLASH 9am-Noon 6 lanes shallow end- pool closed except Faiths Class Fun and Fit with Faith 10am-10:45am High Intensity Total Body with Faith 11am-11:45am High Intensity Pool Closed Noon-5pm Family & lap Swim 5pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2open Pool Closes 8:45pm</p>	<p>6 Family & Lap Swim 5am-8am 4 lanes lap/ 2open Deep Water Jogging 5:10am-5:55am Pool Closed 8am-1pm Family & lap swim 1pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/ 2 open Pool Closes 8:45pm</p>	<p>7 Family& Lap Swim 7am-7:30am 4 lanes lap/2 open Capital Aquatics Swim team 7:30am-9:30am 5 lanes/ 1 lap lane Family & Lap Swim 9:30am-Noon 4 lanes lap/2 open Beginner/ Intermediate Swim Lessons 11am-2pm 6-8yr old 11am-11:45am 9-11yr old 12pm-12:45pm 12+yr old 1pm-1:45pm 2 lanes Birthday Party! 2pm-3:30pm Family & Lap Swim 3:30pm-4:45pm Pool Closes 4:45pm</p>
<p>8 Family & Lap Swim Noon-4:45pm 4 lanes lap/ 2 open Seaweed Diver 1pm-3pm 2 lanes deep end Pool Closes 4:45pm</p>	<p>9 Family & Lap Swim 5am-9am 4 lanes lap/2 open SPLASH 9am- Noon 6 lanes shallow end- pool closed except SPLASH Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap Pool closed 1:45pm-5:30pm Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open Pool Closes 8:45pm</p>	<p>10 Family& Lap Swim 5am-9am 4 lanes lap/ 2open Deep Water Jogging 5:10am-5:55am SPLASH 9am- Noon 6 lanes shallow end- pool closed except SPLASH Pool Closed Noon-5pm Family & lap Swim 5pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open Pool Closes 8:45pm</p>	<p>11 Family & Lap Swim 5 am-8:30am 4 lanes lap/2 open Pool Closed 8:30am-9am SPLASH 9am- Noon 6 lanes shallow end- pool closed except for SPLASH Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap Pool Closed 1:45pm-4pm Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open Pool Closes 8:45pm</p>	<p>12 Family & Lap Swim 5am-9am 4 lanes lap/2 open SPLASH 9am- Noon 6 lanes shallow end- pool closed except Faiths Class Fun and Fit with Faith 10am-10:45am High Intensity Total Body with Faith 11am-11:45am High Intensity Pool Closed Noon-4pm Family & lap Swim 4pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2open Pool Closes 8:45pm</p>	<p>13 Family & Lap Swim 5am-8:30am 4 lanes lap/2 open Deep Water Jogging 5:10am-5:55am Pool Closed 8:30am-5pm Family & Lap Swim 5pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lap lane Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/ 2 open Pool Closes 8:45pm</p>	<p>14 Family & Lap Swim 7am-7:30am 4 lanes lap/2 open Capital Aquatics Swim team 7:30am-9:30am 5 lanes/ 1 lap lane Family & Lap Swim 9:30am-Noon 4 lanes lap2/2 open Pool closed noon-1:30pm Beginner/ Intermediate Swim Lessons 10am-2pm 6-8yr old 11am-11:45am 9-11yr old 12pm-12:45pm 12+yr old 1pm-1:45pm 2 lanes Pool Closes 2pm</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15 Family & Lap Swim Noon-4:45pm 4 lanes lap/2 open</p> <p>Seaweed Diver 1pm-3pm 2 lanes deep end</p> <p>Pool Closes 4:45pm</p>	<p>16 Family & Lap Swim 5am-9am 4 lanes lap/2 open</p> <p>SPLASH 9am- Noon 6 lanes shallow end- pool</p> <p>closed except SPLASH</p> <p>Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap</p> <p>Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap</p> <p>Pool Closed 1:45pm-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/ 2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>17 Family & Lap Swim 5am-9am 4 lanes lap/2 open</p> <p>Deep Water Jogging 5:10am-5:55am</p> <p>SPLASH 9am- Noon 6 lanes shallow end- pool</p> <p>closed except SPLASH</p> <p>Family & Lap Swim Noon-5:30pm 2 lanes lap</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>18 Family & Lap Swim 5am-9am 4 lanes lap/2 open</p> <p>SPLASH 9am- Noon 6 lanes shallow end- pool</p> <p>closed except SPLASH</p> <p>Fun and Fit with Faith Noon-12:45pm High Intensity 2 lanes lap</p> <p>Total body with Faith 1pm-1:45pm High Intensity 2 lanes lap</p> <p>Pool closed 1:45pm-4pm</p> <p>Family & lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>19 Family & lap Swim 5am-9am 4 lanes lap/2 open</p> <p>SPLASH 9am- Noon 6 lanes shallow end- pool</p> <p>closed except Faiths Class</p> <p>Fun and Fit with Faith 10am-10:45am High Intensity</p> <p>Total body with Faith 11am-11:45am High Intensity</p> <p>Pool Closed Noon-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>20 Family & lap Swim 5am-8am 4 lanes lap/2 open</p> <p>Deep Water Jogging 5:10am-5:55am</p> <p>Pool Closed 8am-4pm</p> <p>Family & lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>21 Family & lap Swim 7am-7:30am 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 7:30am-9:30am</p> <p>5 lanes/ 1 lane lap</p> <p>Family & lap Swim 9:30am-Noon 4 lanes lap/2 open</p> <p>Pool Closed Noon-1:30pm</p> <p>Beginner/ Intermediate Swim Lessons 10am-2pm 6-8yr old 11am-11:45am 9-11yr old 12pm-12:45pm 12+yr old 1pm-1:45pm 2 lanes</p> <p>Pool Closes 2pm</p>
<p>22</p> <p>Pool Closed</p>	<p>23 Family & Lap Swim 5am-10am 4 lanes lap/2 open</p> <p>Fun and Fit with Faith 10am-10:45am High Intensity 2 lanes lap</p> <p>Total body with Faith 11am-11:45am High Intensity 2 lanes lap</p> <p>Pool Closed Noon-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>24 Family & Lap Swim 5am-Noon 4 lanes lap/2 open</p> <p>Deep Water Jogging 5:10am-5:55am</p> <p>Pool Closed 8am-5pm</p> <p>Family & Lap Swim 5pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>25 Family & Lap Swim 5am-10am 4 lanes lap/2 open</p> <p>Fun and Fit with Faith 10am-10:45am High Intensity 2 lanes lap</p> <p>Total body with Faith 11am-11:45am High Intensity 2 lanes lap</p> <p>Pool Closed Noon-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>26 Family & Lap Swim 5am-10am 4 lanes lap/2 open</p> <p>Fun and Fit with Faith 10am-10:45am High Intensity 2 lanes lap</p> <p>Total body with Faith 11am-11:45am High Intensity 2 lanes lap</p> <p>Pool Closed Noon-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>27 Family & Lap Swim 5am-8am 4 lanes lap/2 open</p> <p>Deep Water Jogging 5:10am-5:55am</p> <p>Pool Closed 8am-4pm</p> <p>Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap</p> <p>Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open</p> <p>Pool Closes 8:45pm</p>	<p>28 Family & lap Swim 7am-7:30am 4 lanes lap/2 open</p> <p>Capital Aquatics Swim team 7:30am-9:30am</p> <p>5 lanes/ 1 lane lap</p> <p>Family & lap Swim 9:30am-Noon 4 lanes lap/2 open</p> <p>Pool Closed Noon-1:30pm</p> <p>Beginner/ Intermediate Swim Lessons 10am-2pm 6-8yr old 11am-11:45am 9-11yr old 12pm-12:45pm 12+yr old 1pm-1:45pm 2 lanes</p> <p>Pool Closes 2pm</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29 Family & Lap Swim Noon-4:45pm 4 lanes lap/2 open Pool Closes 4:45pm</p>	<p>30</p> <p>Pool Closed Memorial Day</p>	<p>31 Family & Lap Swim 5am-Noon 4 lanes lap/2 open Deep Water Jogging 5:10am-5:55am Pool Closed Noon-4pm Family & Lap Swim 4pm-5:30pm 4 lanes lap/2 open Capital Aquatics Swim team 5:30pm-7:30pm 5 lanes/ 1 lane lap Family & Lap Swim 7:30pm-8:45pm 4 lanes lap/2 open Pool Closes 8:45pm</p>				

- Swim Lesson Schedule is subject to change. Classes are dependent upon enrollment and may be cancelled.
- 8-11 year olds, accompanied by someone 16 or older in the facility.
- Under 8 accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- 12 and under will need to complete a swim test identified by the attending guard. Swimmers may be asked to wear a life jacket and/or be within reach of someone 16 or older in the shallow end of the pool.
- Lap lanes can accommodate up to 6 swimmers. Please be courteous and let others in the lane know you are entering.
- Family Swim- the pool is open to all (must follow highlighted age requirements listed above)
- Adult Open swim- the pool is open to adults, ages 18 and older only.
- Only U.S. Coast Guard Approved swimming devices will be allowed in the pool.
- Items listed in **RED** indicated there is no family swim space available.
- Lap lanes will be available for lap swimmers at all times, except during pool closures, guard breaks, when capacity is reached, and swim meets.
- This schedule is subject to change, to stay updated please refer to our website.

**WE'RE
HIRING
LIFEGUARDS!**

Certification assistance is available. Classes offered in June.