

**Del E Webb Wellness Center
Pool Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am-9:00am	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
9:00am	Water Cardio w/Laura (1-2) Lap Swim (3-6)	Deep Water Pump w/Laura(1-2) Lap Swim (3-6)	Water Cardio w/Laura(1-2) Lap Swim (3-6)	Deep Water Pump w/Laura(1-2) Lap Swim (3-6)	WaterWorks w/Laura (1-2) Lap Swim (3-6)
10:00am	Water Pump w/Laura (1-2) Lap Swim (3-6)	Water Cardio Pump w/Laura (1-2) Lap Swim (3-6)	Water Pump w/Laura(1-2) Lap Swim (3-6)	Water Cardio Pump w/Laura(1-2) Lap Swim(3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
11:00am-12:00pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
12:00pm-1:00pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
1:00-3:30pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)	Family Swim(1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
3:30p-4:15pm	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-6)
4:15pm-6:00pm	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3-6)
6:00pm-8:45pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)

	Saturday	Sunday
7:00am-11:00am	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
11:00am-12:00pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
12:00pm-3:00pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
3:00pm-4:45pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)

(#'s) indicate lane assignments
schedule subject to change
without notice

updated 11/01/24
Swim Neptunes start 11/11/24

Weekly Lesson Planner

		8:00 - 8:45	8:45 - 9:30	9:30 - 10:15	10:30 - 11:30	11:30 - 12:00	Notes
MON	Nov 11	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
TUE	Nov 12	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
WED	Nov 13	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
THU	Nov 14	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
FRI	Nov 15	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						

Weekly Lesson Planner

		8:00 - 8:45	8:45 - 9:30	9:30 - 10:15	10:30 - 11:30	11:30 - 12:00	Notes
MON	Nov 11	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
TUE	Nov 12	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
WED	Nov 13	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
THU	Nov 14	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
FRI	Nov 15	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						