

EPIC Lap Lane Schedule February 24th - May 15

All Lanes are 25 yards

Monday	Lap Lanes - Monday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
5:30-6:45AM	FM	FM	FM	FCHS	FCHS	FCHS	FCHS	FCHS			A	A					
6:45-8:30AM	FM	FM	FM														
8:30-3:30PM																	
3:30-4:15PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS						HS	L
4:15-5:30PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS	F	F	F	L		HS	L
5:30-8:00PM	F	F	F	F	F	F	F	F	F		F	F	F	L		HS	
*8:00-8:30PM	F	F	F	F	F												
Tuesday	Lap Lanes - Tuesday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
5:30-6:45AM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS							
6:45-8:30AM																	
8:30-3:30PM																	
3:30-4:15PM	F	F	F	F	F												
4:15-5:30PM	F	F	F	F	F						F	F	F	F		A	A
5:30-8:00PM	F	F	F	F	F	F	F	F	F		F	F	F	F	S	S	S
*8:15-8:30PM	F	F	F	F	F												
*8:00-9:15PM						FCHS	FCHS	FCHS	FCHS	FCHS							
Wednesday	Lap Lanes - Wednesday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
5:30-6:45AM	FM	FM	FM	FCHS	FCHS	FCHS	FCHS	FCHS			A	A					
6:45-8:30AM	FM	FM	FM														
8:30-3:30PM																	
3:30-4:15PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS						HS	L
4:15-5:30PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS	F	F	F	L		HS	L
5:30-8:00PM	F	F	F	F	F	F	F	F	F		F	F	F	L		HS	
*8:00-8:30PM	F	F	F	F	F												
*8:00-9:30PM						FCHS	FCHS	FCHS	FCHS	FCHS							
Thursday	Lap Lanes - Thursday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
5:30-6:45AM	FM	FM	FM	FRHS	FRHS	FRHS	FRHS	FRHS									
6:45-8:30AM																	
8:30-3:30PM																	
3:30-4:15PM	F	F	F	F	F												
4:15-5:30PM	F	F	F	F	F						F	F	F	F			
5:30-8:00PM	F	F	F	F	F	F	F	F	F		F	F	F	F	F	A	A
*8:00-8:30PM	F	F	F	F	F												
*8:00-9:30PM																	
Friday	Lap Lanes - Friday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
5:30-6:45AM	F	F	F	F	F	FCHS	FCHS	FCHS	FCHS	FCHS							
6:45-8:30AM															A	A	
8:30-3:30PM																	
3:30-4:15PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS							HS
4:15-5:30PM	F	F	F	F	F	FRHS	FRHS	FRHS	FRHS	FRHS	F	F	F	F			HS
5:30-5:45PM	F	F	F	F	F	F	F	F	F		F	F	F	F			HS
5:45-6:30PM	F	F	F	F	F	F	F	F			F	F	F	F			
6:30-7:00PM	F	F	F	F	F						F	F	F	F			
7:00-7:30PM	F	F	F	F													
Saturday	Lap Lanes - Saturday										Shallow End				Deep End Lanes	North Dive	South Dive
	1	2	3	4	5	6	7	8	9	10	1	2	3	4			
7:00-8:00AM	F	F	F	F	F	F	F	F	F	F	F	F					
8:00-9:00AM	F	F	F	F	F	F	F	F	F								
9:00-10:00AM	F	F	F	F	F	F	F	F	F		F	F	F				
10:00-10:30AM	F	F	F	F	F												

*FRHS will only practice 3/19 and 3/21 over spring break
 *FRHS will practice Fri, April 11th 7-9AM (NO SCHOOL)

Please note, this schedule is subject to change.



EPIC Pool Hours
 M-F 5:30AM-8:00 PM
 Saturday 8:00 AM-6:00 PM
 Sunday Noon-5:30 PM
 There will be no lap lanes or deep well available after 3:00 PM on the following dates due to High School swim meets:
 Tuesday, March 11th
 Thursday, March 13th
 Thursday, March 27th
 Tuesday, April 1st
 Thursday, April 3rd
 Tuesday, April 8th
 Thursday, April 10th
 Tuesday, April 15th
 Thursday, April 24th
 Thursday, May 1st
 Friday, May 16th
 Saturday, May 17th

Legend
A-Aqua Fitness
F-FAST Swim Team
FM- FAST Masters
L-Lessons
HS-High School Swim Team
S-Syncro

EPIC Pool Closures:
 Saturday, March 29 All Day
 Friday, May 2 at 2:00 PM
 Sat.- Sun. May 3-4 All Day,
 Friday, May 16 at 2:00 PM
 May 17 All Day