

# EPIC FALL 2009 LAP LANE SCHEDULE

September 7-November 8

## MONDAY

5:45-7:00 AM  
6:00-7:00 AM  
7:30-8:30 AM  
3:45-7:15 PM  
7:15-8:00 PM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive	
1	2	3	4	5	6	7	8	9	10					
FM	FM	FM	FM	FM										
											FIT	FIT	FIT	FIT
								FIT	FIT					
F	F	F	F	F	F	F	F	F	F	LES	LES	F	F	LES
F	F	F	F	F	F	F								

## TUESDAY

5:30-6:45 AM  
11:45-AM-1 PM  
3:45-7:15 PM  
5:30-6:30 PM  
6:30-8:00 PM  
7:15-8:00 PM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive	
1	2	3	4	5	6	7	8	9	10					
F*	F*	F*	F*	F*										
FM	FM	FM	FM	FM				T2	T2					
F	F	F	F	F	F	F	F	F	F	F	F			
											FIT	FIT	FIT	FIT
														SYN
F	F	F	F	F	F	F								

\*BEGINS OCTOBER 13

## WEDNESDAY

5:45-7:00 AM  
6:00-7:00 AM  
7:30-8:30 AM  
3:45-7:15 PM  
7:15-8:00 PM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive	
1	2	3	4	5	6	7	8	9	10					
FM	FM	FM	FM	FM										
											FIT	FIT	FIT	FIT
								FIT	FIT					
F	F	F	F	F	F	F	F	F	F	LES	LES	F	F	LES
F	F	F	F	F	F	F								

## THURSDAY

5:30-6:45 AM  
11:45-AM-1 PM  
3:45-7:15 PM  
5:30-6:30 PM  
6:30-8:00 PM  
7:15-8:00 PM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive	
1	2	3	4	5	6	7	8	9	10					
F*	F*	F*	F*	F*										
FM	FM	FM	FM	FM										
F	F	F	F	F	F	F	F	F	F	F	F			
											FIT	FIT	FIT	FIT
														SYN
F	F	F	F	F	F	F								

\*BEGINS OCTOBER 15

## FRIDAY

5:45-7:00 AM  
NOON-1:00 PM  
3:45-6:00 PM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive		
1	2	3	4	5	6	7	8	9	10						
FM	FM	FM	FM	FM											
T2	T2														
F	F	F	F	F	F	F	F	F	F	F	F	FIT	FIT	FIT	FIT

## SATURDAY

8:00-9:00 AM  
9:00-10:00 AM

Lap Lanes										Shallow End	Deep End	North Dive	South Dive		
1	2	3	4	5	6	7	8	9	10						
F	F	F	F	F	F	F	F					FIT	FIT	FIT	FIT
F*	F*	F*	F*	F*	F*										

\* BEGINS OCTOBER 10

### Legend

**FIT** - Fitness Classes  
**LES** - City Swim Lessons  
**F** - FAST Swim Team  
**FM** - FAST Masters  
**SYN** - Synchronized Swimming  
**T2** - Triathlon

