

Time	Wednesday 11/23/2016 ONLY		
5:30am	Lap Swim 5:30am-6:30am		
6am			
6:30am	High School Practice 6:30am - 7:15am (Millbrook)		
7am			
7:30am	Lap Swim 7:15am-10am	WST 7:15-8:30am (3 lanes)	
8am			
8:30AM		High School Practice 8:30am - 9:30am (Handley)	
9am			
9:30am		Lap Swim 9:30-10am	
10am	Water Aerobics 10am-11am		
10:30am			
11am	General Swim 11am to 1pm		
11:30am			
noon			
12:30pm	Active Adult Therapeutic 1-2pm		
1pm			
1:30pm	Lap Swim 2-3:15pm		
2pm			
2:30pm			
3pm	High School Practice 3:15pm - 4:30pm (Sherando)		
3:30pm			
4pm			
4:30pm			
5pm	Swim Lessons 4:30-7pm**		
5:30PM			
6pm			
6:30pM	Winchester Swim Team 7-8:30pm		
7pm			
7:30pm			
8pm	High School Practice 8:30pm - 9:30pm (James Wood)		
8:30pm			
9pm			
9:30pm			