

# Mac Rec November 2024 Lap Pool Schedule

| Sunday<br>9:00am-1:30pm | Monday<br>5:30am-8:30pm  | Tuesday<br>5:30am-8:30pm   | Wednesday<br>5:30am-8:30pm  | Thursday<br>5:30am-8:30pm   | Friday<br>5:30am-7:30pm  | Saturday<br>7:00am-4:30pm   |
|-------------------------|--|--|---|---|--|---|
|                         |  |  |   |   | 1<br><br>NHS Swim Team 3-5p 6L<br><b>Diving Well Closed 4-5:30pm</b>             | 2<br><b>8:25-11:30am Lessons, 2L &amp; Diving Well Closed</b><br>MR Practice 9:30-10:30am, 4L                   |
| 3                       | 4<br>9-9:45am H2O Aqua, 2L<br>10:00 – 2:30pm CC, 1L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-7:30 5:15-7:30pm lessons, 2L</b><br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7pm, 4L<br>MR Practice 7-8:30pm, 5L  | 5<br>9:45-10:45am Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-7pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 4L<br>MR Practice 7-8:30pm, 5L                          | 6<br>9-9:45am H2O Aqua, 2L<br>10am – 2:30pm CC, 1L<br><b>Diving Well Closed 5-7:30 5:15-7:30pm lessons, 2L</b><br>NHS Swim Team 3-5pm, 6L<br>MR Practice 7-8:30pm, 5L                           | 7<br>9:45-10:45a Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-8pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 3L<br>MR Practice 7-8:30pm, 5L  | 8<br><br>NHS Swim Team 3-5p 6L<br><b>Diving Well Closed 4-5:30pm</b>             | 9<br><br><b>8:25-11:30am Lessons, 2L &amp; Diving Well Closed</b><br><br><b>MR Meet Pool Closed 1:00-5:00pm</b> |
| 10                      | 11<br>9-9:45am H2O Aqua, 2L<br>10:00 – 2:30pm CC, 1L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7pm, 4L<br>MR Practice 7-8:30pm, 5L                         | 12<br>9:45-10:45am Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-7pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 4L<br>MR Practice 7-8:30pm, 5L                         | 13<br>9-9:45am H2O Aqua, 2L<br>10am – 2:30pm CC, 1L<br><b>Diving Well Closed 5-7:30 5:15-7:30pm lessons, 2L</b><br>NHS Swim Team 3-5pm, 6L<br>MR Practice 6-7pm, 5L<br>MR Practice 7-8:30pm, 5L | 14<br>9:45-10:45a Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-8pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 4L<br>MR Practice 7-8:30pm, 5L | 15<br><br>NHS Swim Team 3-5p 6L<br><b>Diving Well Closed 4-5:30pm</b>            | 16<br><br><b>8:25-11:30am Lessons, 2L &amp; Diving Well Closed</b><br><br>MR Practice 8-10:30am, 4L             |
| 17                      | 18<br>9-9:45am H2O Aqua, 2L<br>10:00 – 2:30pm CC, 1L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-7:30 5:15-7:30pm lessons, 2L</b><br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7pm, 4L<br>MR Practice 7-8:30pm, 5L | 19<br>9:45-10:45am Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well closed 5-6:30</b><br>Lessons 5-7pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 4L<br>MR Practice 7-8:30pm, 5L                         | 20<br>9-9:45am H2O Aqua, 2L<br>10am – 2:30pm CC, 1L<br><b>Diving Well Closed 5-7:30 5:15-7:30pm lessons, 2L</b><br>NHS Swim Team 3-5pm, 6L<br>MR Practice 7-8:30pm, 5L                          | 21<br>9:45-10:45a Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-8pm, 1L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7:00pm, 4L<br>MR Practice 7-8:30pm, 5L | 22<br><br>NHS Swim Team 3-5p 6L<br><b>Diving Well Closed 4-5:30pm</b>            | 23<br><br><b>8:25-11:30am Lessons, 2L &amp; Diving Well Closed</b><br><br>MR Practice 8-10:30am, 4L             |
| 24                      | 9-9:45am H2O Aqua, 2L<br>10:00 – 2:30pm CC, 1L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7pm, 4L<br>MR Practice 7-8:30pm, 5L                               | 26<br>9:45-10:45am Silver Splash, 2L<br>NHS Swim Team 3-5pm, 6L<br><b>Diving Well Closed 5-6:30</b><br>Lessons 5-7pm, 1L<br>NHS Swim Team 3-5pm, 6L<br>MR Practice 5:15-6pm, 3L<br>MR Practice 6-7pm, 4L<br>MR Practice 7-8:30pm, 5L | 27<br><br>NHS Swim team 7-9am, 6L   | 28<br><br><b>Thanksgiving Mac Rec Closed</b>  | 29<br><br>NHS Swim team 7-9am, 6L<br><br><b>Home Swim Meet Pool Closed 4-9pm</b> | 30<br><br>MR Practice 8-10:30am, 4L   |

# Mac Rec November 2024 Activity Pool Schedule

| Sunday<br>9:00am-1:30pm | Monday<br>5:30am-8:30pm  | Tuesday<br>5:30am-8:30pm | Wednesday<br>5:30am-8:30pm   | Thursday<br>5:30am-8:30pm                            | Friday<br>5:30am-7:30pm                               | Saturday<br>7:00am-4:30pm                          |
|-------------------------|--|--------------------------|--|--|---|--|
|                         |  |                          |  |  | 1   | 2<br><br><u>7:50-11:30 am Lessons,<br/>Closed</u>  |
| 3                       | 4<br><br>10-10:45 Aqua Arthritis<br><u>5:15-7:30 pm closed,<br/>lessons</u>  | 5                        | 6<br><br>10-10:45 Aqua Arthritis<br><u>5:15-7:30 pm closed,<br/>lessons</u>  | 7  | 8   | 9<br><br><u>7:50-11:30 am Lessons,<br/>Closed</u>  |
| 10                      | 11<br><br>10-10:45 Aqua Arthritis  | 12                       | 13<br><br>10-10:45 Aqua Arthritis<br><u>5:15-7:30 pm closed,<br/>lessons</u> | 14   | 15  | 16<br><br><u>7:50-11:30 am Lessons,<br/>Closed</u> |
| 17                      | 18<br><br>10-10:45 Aqua Arthritis<br><u>5:15-7:30 pm closed,<br/>lessons</u> | 19                       | 20<br><br>10-10:45 Aqua Arthritis<br><u>5:15-7:30 pm closed,<br/>lessons</u> | 21   | 22  | 23<br><br><u>7:50-11:30 am Lessons,<br/>Closed</u> |
| 24                      | 25<br>10-10:45 Aqua Arthritis  | 26                       | 27<br>10-10:45 Aqua Arthritis  | 28<br><br><b>Thanksgiving<br/>Mac Rec<br/>Closed</b> | 29<br><br><u>Home Swim Meet<br/>Pool Closed 4-9pm</u> | 30   |