



American Fork Fitness Center Lap Lane Schedule Summer 2019 (June 3, 2019 - August 19, 2019)
effective Monday; June 4, 2019



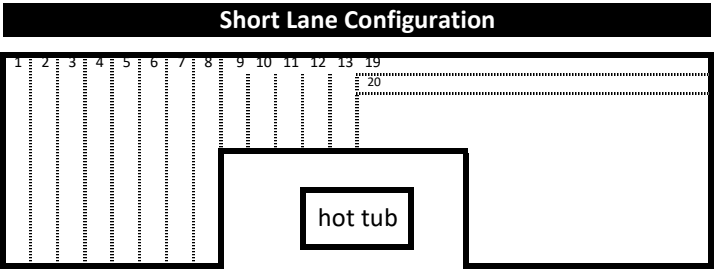
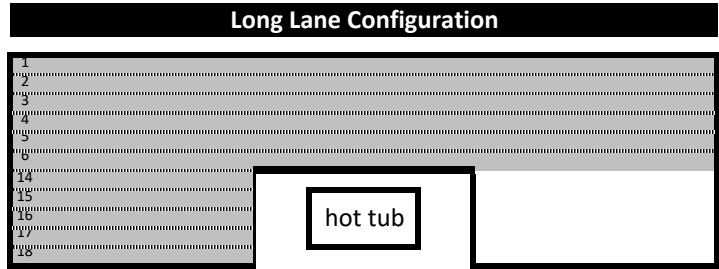
	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
Mon	5	2				1						1					1					1			1 lane (lane #5)		1		2		4		8		
Tue	8	4							1								1					1			1 lane (lane #5)		1		2				2		5
Wed	5	2				1						1					1					1			1 lane (lane #5)		1		2		4		8		
Thur	8	4							1								1					1			1 lane (lane #5)		1		2				2		5
Fri	5	2				1						1					1					1			1 lane (lane #5)			4						CLOSED	
Sat	Closed		5			2				1			5				3					3					3								CLOSED

Legend:

- = short lanes from spa 15 yard length
- = 25 Yard Length 1 Yard = 0.9144 Meters
- = 50 Meter Length 1 Meter = 1.0936 Yards

number of **short lanes** open

number of **long lanes** open



HAST SWIM TRAINING

Mon - Fri (Long Course Season)

6:30am - 8:30am (Seniors) (4 & 7 lanes)

9:00am - 10:30am (Juniors) (6 lanes)

10:30am - 11:30am (Barracudas/ Pirranhas) (5 lanes)

11:30am - 12:45pm (Dolphins & Prep) (6 lanes)

12:45pm - 1:30pm (Stingrays & sharks) (4 lanes)

4:15pm - 6:15pm (Seniors) (5 lanes)

Summer Recreation Team Practice

Monday - Friday 12pm - 4pm (4 lanes)

Monday - Friday 6:15pm - 7pm (4 lanes)

Public Swim Lessons

Monday - Thursday

June 9am - 12:30pm & 4:15pm - 6:30pm

July 9am - 12:30pm & 4:15pm - 7:30pm

Fridays are reserved for any make-ups

DIVING BOARD

Weekly times (sbjt to change)

Monday 1pm - 10pm

Tuesday 1pm - 7pm

Wednesday 1pm - 7pm

Thursday 1pm - 7pm

Friday 1pm - 8pm

Saturday 12:30pm - 8pm

Divng board closes for pool checks

MASTERS SWIM TRAINING

Monday, Wednesday, Friday

5:30am - 6:30am - 3 lanes

ADULT SWIM CLASS TRAINING

TRIATHLON

SWIM MEET DATES (2019)

June 18, 4pm - 9:30pm

July 1, 4pm - 9:30pm

July 17, 4pm - 9:30pm

July 30, 4pm - 9:30pm

RWB swim meet; see calendar

WATER AEROBICS

Mon - Fri - Deep/Shallow water training

5:30am - 6:30am (water aerobics)

6:30am - 7:30am (water aerobics)

7am - 8am (Seniors)

8am - 9am (Seniors)

Evening classes

Mon - Thurs - Deep/Shallow water training

8pm - 9pm

SCUBA

Wednesday nights from 7pm - 10pm

Thursday nights from 7pm - 10pm

General pool hours: MON-THUR 5am - 10pm; FRI 5am - 8pm & SAT 6am - 8pm (questions: jbyington@afcity.net)
www.afcity.net > fitness center > 801-763-3084

