

# CCS FITNESS

## CAPITAL CITY SPORTS & FITNESS

# JUNE & JULY SCHEDULE

### Saturday (7:00am – 6:50pm)

| Time       | Lane 1   | Lane 2    | Lane 3    | Lane 4       | Lane 5         |
|------------|----------|-----------|-----------|--------------|----------------|
| 7:00–9:00  | Lap Swim | Lap Swim  | Lap Swim  | Open Swim    | Open Swim      |
| 9:00–9:45  | Lap Swim | Open Swim | Open Swim |              | Private Lesson |
| 9:45–11:00 | Lap Swim | Open Swim | Open Swim | Swim Lessons | Swim Lessons   |
| 11:00–12pm | Lap Swim | Open Swim | Open Swim |              | Private Lesson |
| 12:00–1:00 | Lap Swim | Lap Swim  | Open Swim | Open Swim    | Open Swim      |
| 1:00–3:00  | Lap Swim | Open Swim | Open Swim | Pool Rental  | Pool Rental    |
| 3:00–5:00  | Lap Swim | Open Swim | Open Swim | Family Swim  | Family Swim    |
| 5:00–6:50  | Lap Swim | Open Swim | Open Swim | Open Swim    | Open Swim      |

### Sunday (9:00am – 5:50pm)

| Time       | Lane 1   | Lane 2   | Lane 3    | Lane 4      | Lane 5      |
|------------|----------|----------|-----------|-------------|-------------|
| 9:00–10:00 | Lap Swim | Lap Swim | Open Swim | Open Swim   | Open Swim   |
| 10:00–1pm  | Lap Swim | Lap Swim | Open Swim | Family Swim | Family Swim |
| 1:00–3:00  | Lap Swim | Lap Swim | Open Swim | Pool Rental | Pool Rental |
| 3:00–5:00  | Lap Swim | Lap Swim | Open Swim | Open Swim   | Open Swim   |
| 5:00–5:50  | Lap Swim | Lap Swim | Open Swim | Open Swim   | Open Swim   |

Lap Swim: Structured swimming with a shared lane. Keep right. Multiple swimmers per lane. (Interchangeable with open swim as needed)

Open Swim: Casual swimming for fun or exercise. Lanes may be shared or fully open to individuals, families or groups. (Interchangeable with Lap Swim as needed)

Family Swim: Open time for families to swim, play and build water skills together.