

CCS FITNESS

CAPITAL CITY SPORTS & FITNESS

JUNE & JULY SCHEDULE

Monday – Friday (7:00am – 8:50pm)

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
9:00–10:00	Lap Swim	Lap Swim	Open Swim	Aqua Aerobics	Aqua Aerobics
10:00–3:30	Lap Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:30–4:00	Lap Swim	Open Swim	Open Swim	Open Swim	Therapy Rental(Mon)
4:00–5:30	Lap Swim	Open Swim	Swim Lessons	Swim Lessons	Therapy Rental(Mon)
4:30–6:00	Lap Swim	Lap Swim	Open Swim	Private Lessons (Wed)	Private Lessons (Wed)
5:15–6:15	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
6:00–8:30	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
8:30–8:50	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.