

EPRA 2023 WEEKLY SCHEDULE

Weekly schedule runs Saturday, June 24th to Friday, August 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim 8:30 to 10:00 Swimming Lessons 8:30 to 10:30	Lap Swim 8:30 to 10:00 Swimming Lessons 8:30 to 10:30	Lap Swim 8:30 to 10:00 Swimming Lessons 8:30 to 10:30	Lap Swim 8:30 to 10:00 Swimming Lessons 8:30 to 10:30	Bronze Med & Cross 8:00 to 10:00	³ Rubber Ducky Swim 11:00 to 12:30	Child Lessons 10:00 to 12:00	
W/Polo Lessons 10 to 10:30	Synchro Lessons 10:00 - 10:30 Jr Lifesaving 10:00 to 10:30	W/Polo Lessons 10 to 10:30	Synchro Lessons 10:00 - 10:30 Jr Lifesaving 10:00 to 10:30	² Staff Training 10:00 to 12:00		Masters 10:00 to 11:30	³ Rubber Ducky Swim 11:00 to 12:30
Diving Lessons / Team 10:30 to 11:30	Water Polo Team 10:30 to 11:30	Diving Lessons / Team 10:30 to 11:30	Water Polo Team 10:30 to 11:30		Swim Team (All Ages) 12:00 to 13:00	Free Swim 11:00 to 21:00	Free Swim 11:00 to 21:00
Aquafitness 10:30 to 11:30	Aquafitness 10:30 to 11:30 Parents & Tots 11 to 11:30	Aquafitness 10:30 to 11:30	Aquafitness 10:30 to 11:30 Parents & Tots 11 to 11:30				
Guppies 11:30 to 12:15	Guppies 11:30 to 12:15	Guppies 11:30 to 12:15	Guppies 11:30 to 12:15		Swim Team (13 & Over) 12:15 to 13:15		
SwimTeam (10 & Under) 11:30 to 12:15	SwimTeam (10 & Under) 11:30 to 12:15	SwimTeam (10 & Under) 11:30 to 12:15	SwimTeam (9& 10) 11:30 to 12:15				
Swim Team (11 & Over) 12:15 to 13:15	Swim Team (11 & Over) 12:15 to 13:15	Swim Team (11 & Over) 12:15 to 13:15	Swim Team (13 & Over) 12:15 to 13:15		Free Swim 13:15 to 21:00		
¹ Pre-Junior / Junior / Senior Synchro (Team) 13:15 to 14:00	¹ Pre-Junior / Junior / Senior Synchro (Team) 13:15 to 14:00	¹ Junior / Senior Synchro (Team) 13:15 to 14:00	¹ Pre-Junior / Junior / Senior Synchro (Team) 13:15 to 14:00	Free Swim 13:15 to 21:00			
Free Swim 13:15 to 21:00	Free Swim 13:15 to 21:00	Free Swim 13:15 to 21:00	Free Swim 13:15 to 21:00		Girls' Water Polo Games		
Leaders 14:00 to 14:30	Junior Leaders 14:00 to 14:30	Leaders 14:00 to 14:30	Junior Leaders 14:00 to 14:30	Boys' Water Polo Games			
Child Lessons 17:30 to 19:30	Bronze 14:00 to 15:00	Seniors Night (Selected Evenings)	Masters 18:00 to 19:30		Swim Team Competitions (Pool Closes Early)		
Adult Lessons 18:00 to 19:00	Yoga 19:00 to 20:00		Diving Competitions				

¹NOTE THAT THE DEEP END IS CLOSED DURING SYNCHRO PRACTICES

²THE POOL IS CLOSED DURING STAFF TRAINING ON FRIDAY MORNINGS

³DURING RUBBER DUCKY SWIM ON WEEKENDS, INFLATABLE TOYS ARE PERMITTED IN THE POOL