UNC Wellness Center at NW Cary

SUNDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
7:00 - 7:30AM	OPEN REC SWIM							7:00 - 7:30AM
7:30 - 8:00AM				Lap Swimming				7:30 - 8:00AM
8:00 - 8:30AM							SWIM LESSONS	8:00 - 8:30AM
8:30 - 9:00AM								8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM				Lap Swimming				9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM								11:00 - 11:30AM
11:30 - 12:00PM								11:30 - 12:00PM
12:00 - 12:30PM			Lap Swimming					12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM								2:00 - 2:30PM
2:30 - 3:00PM			Lap Swimming					2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM				SWIM LESSONS				3:30 - 4:00PM
4:00 - 4:30PM								4:00 - 4:30PM
4:30 - 5:00PM								4:30 - 5:00PM
5:00 - 5:30PM								5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM								6:00 - 6:30PM
6:30 - 6:45PM								6:30 - 7:00PM
7:00 - 7:30PM			Lap Swimming					7:00 - 7:30PM
7:30 - 7:45PM								7:30 - 7:45PM

UNC Wellness Center at NW Cary

MONDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
5:00 - 5:30AM								5:00 - 5:30AM
5:30 - 6:00AM								5:30 - 6:00AM
6:00 - 6:30AM	Lap Swimming				Lap Swimming			6:00 - 6:30AM
6:30 - 7:00AM								6:30 - 7:00AM
7:00 - 7:30AM			Lap Swimming					7:00 - 7:30AM
7:30 - 8:00AM								7:30 - 8:00AM
8:00 - 8:30AM								8:00 - 8:30AM
8:30 - 9:00AM	AQUA AEROBICS CLASS							8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM					Lap Swimming			9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM	OPEN REC SWIM							10:30 - 11:00AM
11:00 - 11:30AM								11:00 - 11:30AM
11:30 - 12:00PM				Lap Swimming				11:30 - 12:00PM
12:00 - 12:30PM								12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM				Lap Swimming				2:00 - 2:30PM
2:30 - 3:00PM								2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM							SWIM LESSONS	3:30 - 4:00PM
4:00 - 4:30PM						SWIM LESSONS	SWIM LESSONS	4:00 - 4:30PM
4:30 - 5:00PM					SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	4:30 - 5:00PM
5:00 - 5:30PM					SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	5:00 - 5:30PM
5:30 - 6:00PM					SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	5:30 - 6:00PM
6:00 - 6:30PM			Lap Swimming		SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	6:00 - 6:30PM
6:30 - 7:00PM					SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	6:30 - 7:00PM
7:00 - 7:30PM					SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	7:00 - 7:30PM
7:30 - 8:00PM							SWIM LESSONS	7:30 - 8:00PM
8:00 - 8:30PM								8:00 - 8:30PM
8:30 - 9:00PM				Lap Swimming				8:30 - 9:00PM
9:00 - 9:30PM								9:00 - 9:30PM
9:30 - 9:45PM								9:30 - 9:45PM

UNC Wellness Center at NW Cary

TUESDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
5:00 - 5:30AM								5:00 - 5:30AM
5:30 - 6:00AM								5:30 - 6:00AM
6:00 - 6:30AM	Lap Swimming				Lap Swimming			6:00 - 6:30AM
6:30 - 7:00AM								6:30 - 7:00AM
7:00 - 7:30AM			Lap Swimming					7:00 - 7:30AM
7:30 - 8:00AM								7:30 - 8:00AM
8:00 - 8:30AM	AQUA AEROBICS CLASS							8:00 - 8:30AM
8:30 - 9:00AM								8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM	OPEN REC SWIM			Lap Swimming				9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM								11:00 - 11:30AM
11:30 - 12:00PM				Lap Swimming				11:30 - 12:00PM
12:00 - 12:30PM								12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM				Lap Swimming				2:00 - 2:30PM
2:30 - 3:00PM								2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM								3:30 - 4:00PM
4:00 - 4:30PM							SWIM LESSONS	4:00 - 4:30PM
4:30 - 5:00PM					SWIM LESSONS			4:30 - 5:00PM
5:00 - 5:30PM								5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM			Lap Swimming					6:00 - 6:30PM
6:30 - 7:00PM								6:30 - 7:00PM
7:00 - 7:30PM								7:00 - 7:30PM
7:30 - 8:00PM								7:30 - 8:00PM
8:00 - 8:30PM								8:00 - 8:30PM
8:30 - 9:00PM				Lap Swimming				8:30 - 9:00PM
9:00 - 9:30PM								9:00 - 9:30PM
9:30 - 9:45PM								9:30 - 9:45PM

UNC Wellness Center at NW Cary

WEDNESDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
5:00 - 5:30AM								5:00 - 5:30AM
5:30 - 6:00AM								5:30 - 6:00AM
6:00 - 6:30AM	Lap Swimming				Lap Swimming			6:00 - 6:30AM
6:30 - 7:00AM								6:30 - 7:00AM
7:00 - 7:30AM								7:00 - 7:30AM
7:30 - 8:00AM			Lap Swimming					7:30 - 8:00AM
8:00 - 8:30AM								8:00 - 8:30AM
8:30 - 9:00AM								8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM	AQUA AEROBICS CLASS				Lap Swimming			9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM	OPEN REC SWIM							11:00 - 11:30AM
11:30 - 12:00PM				Lap Swimming				11:30 - 12:00PM
12:00 - 12:30PM								12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM				Lap Swimming				2:00 - 2:30PM
2:30 - 3:00PM								2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM							SWIM LESSONS	3:30 - 4:00PM
4:00 - 4:30PM								4:00 - 4:30PM
4:30 - 5:00PM								4:30 - 5:00PM
5:00 - 5:30PM								5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM			Lap Swimming					6:00 - 6:30PM
6:30 - 7:00PM								6:30 - 7:00PM
7:00 - 7:30PM								7:00 - 7:30PM
7:30 - 8:00PM				SWIM CONDITIONING				7:30 - 8:00PM
8:00 - 8:30PM								8:00 - 8:30PM
8:30 - 9:00PM				Lap Swimming				8:30 - 9:00PM
9:00 - 9:30PM								9:00 - 9:30PM
9:30 - 9:45PM								9:30 - 9:45PM

UNC Wellness Center at NW Cary

THURSDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
5:00 - 5:30AM								5:00 - 5:30AM
5:30 - 6:00AM				Lap Swimming				5:30 - 6:00AM
6:00 - 6:30AM								6:00 - 6:30AM
6:30 - 7:00AM	Lap Swimming			SWIM CONDITIONING				6:30 - 7:00AM
7:00 - 7:30AM								7:00 - 7:30AM
7:30 - 8:00AM								7:30 - 8:00AM
8:00 - 8:30AM	AQUA AEROBICS CLASS							8:00 - 8:30AM
8:30 - 9:00AM					Lap Swimming			8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM								9:30 - 10:00AM
10:00 - 10:30AM	OPEN REC SWIM			Lap Swimming				10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM								11:00 - 11:30AM
11:30 - 12:00PM								11:30 - 12:00PM
12:00 - 12:30PM				Lap Swimming				12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM				Lap Swimming				2:00 - 2:30PM
2:30 - 3:00PM								2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM								3:30 - 4:00PM
4:00 - 4:30PM							SWIM LESSONS	4:00 - 4:30PM
4:30 - 5:00PM								4:30 - 5:00PM
5:00 - 5:30PM								5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM			Lap Swimming					6:00 - 6:30PM
6:30 - 7:00PM								6:30 - 7:00PM
7:00 - 7:30PM								7:00 - 7:30PM
7:30 - 8:00PM								7:30 - 8:00PM
8:00 - 8:30PM								8:00 - 8:30PM
8:30 - 9:00PM				Lap Swimming				8:30 - 9:00PM
9:00 - 9:30PM								9:00 - 9:30PM
9:30 - 9:45PM								9:30 - 9:45PM

UNC Wellness Center at NW Cary

FRIDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
5:00 - 5:30AM								5:00 - 5:30AM
5:30 - 6:00AM								5:30 - 6:00AM
6:00 - 6:30AM	Lap Swimming				Lap Swimming			6:00 - 6:30AM
6:30 - 7:00AM								6:30 - 7:00AM
7:00 - 7:30AM								7:00 - 7:30AM
7:30 - 8:00AM			Lap Swimming					7:30 - 8:00AM
8:00 - 8:30AM								8:00 - 8:30AM
8:30 - 9:00AM								8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM	AQUA AEROBICS CLASS			Lap Swimming				9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM	OPEN REC SWIM							11:00 - 11:30AM
11:30 - 12:00PM								11:30 - 12:00PM
12:00 - 12:30PM				Lap Swimming				12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM								2:00 - 2:30PM
2:30 - 3:00PM				Lap Swimming				2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM							SWIM LESSONS	3:30 - 4:00PM
4:00 - 4:30PM								4:00 - 4:30PM
4:30 - 5:00PM								4:30 - 5:00PM
5:00 - 5:30PM				Lap Swimming				5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM								6:00 - 6:30PM
6:30 - 7:00PM								6:30 - 7:00PM
7:00 - 7:30PM								7:00 - 7:30PM
7:30 - 8:00PM				Lap Swimming				7:30 - 8:00PM
8:00 - 8:30PM								8:00 - 8:30PM
8:30 - 8:45PM								8:30 - 8:45PM

UNC Wellness Center at NW Cary

SATURDAY LANE SCHEDULE

Through April 22, 2018

LANES

TIME	1	2	3	4	5	6	7	TIME
7:00 - 7:30AM	OPEN REC SWIM							7:00 - 7:30AM
7:30 - 8:00AM				Lap Swimming				7:30 - 8:00AM
8:00 - 8:30AM							SWIM LESSONS	8:00 - 8:30AM
8:30 - 9:00AM								8:30 - 9:00AM
9:00 - 9:30AM								9:00 - 9:30AM
9:30 - 10:00AM				Lap Swimming				9:30 - 10:00AM
10:00 - 10:30AM								10:00 - 10:30AM
10:30 - 11:00AM								10:30 - 11:00AM
11:00 - 11:30AM								11:00 - 11:30AM
11:30 - 12:00PM								11:30 - 12:00PM
12:00 - 12:30PM				Lap Swimming				12:00 - 12:30PM
12:30 - 1:00PM								12:30 - 1:00PM
1:00 - 1:30PM								1:00 - 1:30PM
1:30 - 2:00PM								1:30 - 2:00PM
2:00 - 2:30PM								2:00 - 2:30PM
2:30 - 3:00PM				Lap Swimming				2:30 - 3:00PM
3:00 - 3:30PM								3:00 - 3:30PM
3:30 - 4:00PM								3:30 - 4:00PM
4:00 - 4:30PM								4:00 - 4:30PM
4:30 - 5:00PM								4:30 - 5:00PM
5:00 - 5:30PM				Lap Swimming				5:00 - 5:30PM
5:30 - 6:00PM								5:30 - 6:00PM
6:00 - 6:30PM								6:00 - 6:30PM
6:30 - 6:45PM								6:30 - 7:00PM