



## KEEPING YOU ACTIVE AND CONNECTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5a-6:15a 6 Lap Lanes	Lap Swim 5a-6:15a 6 Lap Lanes	Lap Swim 5a-6:15a 6 Lap Lanes	Lap Swim 5a-6:15a 6 Lap Lanes	Lap Swim 5a-6:15a 6 Lap Lanes	Lap swim 7a-7:30a 6 Lap Lanes	Lap Swim 12:00p-2:00p 6 Lap Lanes
Coppell HS Practice 6:15a-8:45a NO LAP LANES	Coppell HS Practice 6:15a-8:45a NO LAP LANES	Coppell HS Practice 6:15a-8:45a NO LAP LANES	Coppell HS Practice 6:15a-8:45a NO LAP LANES	Coppell HS Practice 6:15a-8:45a NO LAP LANES	Crusiers YMCA Practice 7:30a-9:15a *1 Lap Lane	
<b>Aqua Fitness (Shallow &amp; Deep)</b> 9:00a-10:00a Martí, Angela <b>Joint Conditioning</b> 10am-11am Martí *1 Lap Lane	<b>Aqua Fitness</b> 9:00a-11:00a Angela *1 Lap Lane	<b>Aqua Fitness (Shallow)</b> 9:00a-10:00a Martí <b>Joint Conditioning</b> 10am-11am Martí *1 Lap Lane	<b>Aqua Fitness</b> 9:00a-11:00a Noelle *1 Lap Lane	<b>Aqua Fitness (Shallow &amp; Deep)</b> 9:00a-10:00a Noelle, Angela <b>Joint Conditioning</b> 10am-11am Noelle *1 Lap Lane	<b>Aqua Fitness</b> 9:20a-10:20a Noelle *2 Lap Lanes	<b>Aqua Fitness</b> 2:00p-3:00p Noelle *2 Lap Lanes
Swim Lessons 11:00a-12:00p *2 Lap Lanes	Lap Swim 12:00a-1:00p *6 Lap Lanes	Swim Lessons 11:00a-12:00p *2 Lap Lanes	Lap Swim 12:00a-1:00p *6 Lap Lanes	Lap Swim 12:00a-1:00p *6 Lap Lanes	Swim Lessons 10:30a-1p *1 Lap Lane	Family Swim 3:00p-5:45p *2 Lap Lanes
Coppell HS Practice 1:00p-2:30p *2 Lap Lanes	Coppell HS Practice 1:00p-2:30p *2 Lap Lanes	Coppell HS Practice 1:00p-2:30p *2 Lap Lanes	Coppell HS Practice 1:00p-2:30p *2 Lap Lanes	Coppell HS Practice 1:00p-2:30p *2 Lap Lanes		
Coppell HS Practice 2:30p-4:15p NO LAP LANES	Coppell HS Practice 2:30p-4:15p NO LAP LANES	Coppell HS Practice 2:30p-4:15p NO LAP LANES	Coppell HS Practice 2:30p-4:15p NO LAP LANES	Coppell HS Practice 2:30p-4:15p NO LAP LANES	Family Swim 1p-5:45p *2 Lap Lanes	
Crusiers YMCA Practice 4:15p-6:15p *1 Lap Lane	Crusiers YMCA Practice 4:15p-6:15p *1 Lap Lane	Crusiers YMCA Practice 4:15p-6:15p *1 Lap Lane	Crusiers YMCA Practice 4:15p-6:15p *1 Lap Lane	Crusiers YMCA Practice 4:15p-6:15p *1 Lap Lane		
Swim Lessons 6:05p-8:20p *1 Lap Lane	Swim Lessons 6:05p-8:20p *1 Lap Lane	Swim Lessons 6:05p-8:20p *1 Lap Lane	Swim Lessons 6:05p-8:20p *1 Lap Lane	Family Swim 6:15p-8p *2 Lap Lanes		
<b>Water Fitness</b> 6:15p-7:15p Angela *1 Lap Lane	Family Swim 8:15p-9:15p *2 Lap Lanes	<b>Water Fitness</b> 6:15p-7:15p Angela *1 Lap Lane	Family Swim 8:15p-9:15p *2 Lap Lanes	Family Swim 6:15p-8p *2 Lap Lanes	Text "@cpaquatics" to 81010 for updates on pool closures and schedule changes.	
Family Swim 8:15p-9:15p *2 Lap Lanes		Family Swim 8:15p-9:15p *2 Lap Lanes		Family Swim 6:15p-8p *2 Lap Lanes	Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for ALL.	
Crusiers YMCA Practice 7:15p-8:15p NO LAP LANES	Crusiers YMCA Practice 7:15p-8:15p NO LAP LANES	Crusiers YMCA Practice 7:15p-8:15p NO LAP LANES	Crusiers YMCA Practice 7:15p-8:15p NO LAP LANES	Family Swim 7:15p-8:15p *2 Lap Lanes		

FALL SCHEDULE TAKE EFFECT AUGUST 12, 2019

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