

November 2023 LGSRC Pool Schedule

Large Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-6:30AM	Masters Swim		Masters Swim		Masters Swim		
7:00AM-8:30AM						Masters Swim	
9:30AM-10:30AM		Masters Swim		Masters Swim			

Training Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00AM-11:00AM	Water Fitness 3 Lanes Available		Water Fitness 3 Lanes Available		Water Fitness 3 Lanes Available	Water Fitness 3 Lanes Available	
3:00PM-7:00PM	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice		

