AMERICAN FORK FITNESS CENTER LAP LANE SCHEDULE / FALL 2019
BEGINS TUESDAY; AUGUST 20, 2019

	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
Mon	8	1 lanes		1 lane			8 lanes			6 lanes		2 lanes			1 lane					1 lane									2 lanes						2 lanes
Tue	5	1 lane		1 lane			5 lanes			2 lanes			2 lanes			1 lane				1 lane									2 lanes						2 lanes
Wed	8	1 lanes		1 lane			8 lanes			6 lanes			2 lanes			1 lane				1 lane									2 lanes						2 lanes
Thur	5	1 lane		1 lane			5 lanes			2 lanes			1 lanes			1 lane				1 lane									1 lane				2 lanes		2 lanes
Fri	8	1 lanes		1 lane			8 lanes			6 lanes			2 lanes			1 lane				1 lane									2 lanes				Closed		
Sat	Closed			5 lanes			1 lane			1 lane									4 lanes															Closed		

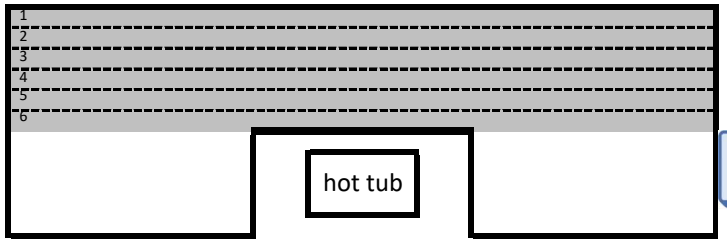
ATTENTION ALL PATRONS; LAP LANES DURING THE FALL AND WINTER MONTHS WILL NOW BE CHANGED AFTER HOURS WITH THE EXCEPTIONS OF TUESDAYS!

/ changing lap lanes

number of **short lanes** open = 25 Yard Length — 1 Yard = 0.9144 Meters

number of **long lanes** open = 50 Meter Length — 1 Meter = 1.0936 Yards

Long Lane Configuration



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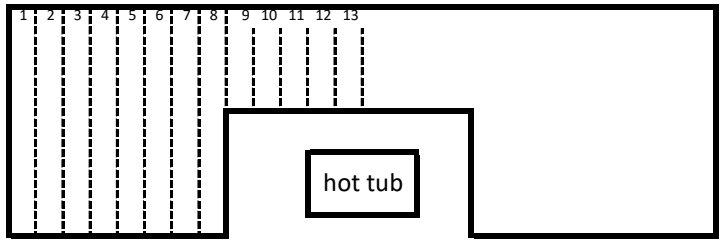
Short Lane Configuration



PATRONS LIKE US ON FACEBOOK FOR REAL-TIME AQUATIC EVENTS AND SWIM MEETS & VISIT OUR WEBPAGE CALENDAR (afcity.org)

HAST SWIM TRAINING

Mon, Wed, Fri AM

***5:15am - 6:30am (Seniors)

Monday - Friday

6:30am - 8am (Barracudas & Dolphins)

Mon - Friday PM practices

3pm - 5pm (Senior GOLD)

5pm - 6:30pm (Senior Bronze)

6:30pm - 7pm (Senior Prep)

Public Swim Lessons Mon - Thurs

4:00pm - 7:00pm

HIGH SCHOOL SWIM TRAINING PM

High school practices in the evenings from 7:00 p.m. - 10:00 p.m. from 09.01.2019 - 02.08.2020.

HIGH SCHOOL SWIM MEETS

Please view fitness website calendar for dates

DIVING BOARD

Weekly times (sbjt to change)

Monday / 9pm - 10pm

Tuesday / 9pm - 10pm

Wednesday / 9pm - 10pm

Thursday / 9pm - 10pm

Friday / 7pm - 8pm

Saturday / 10am - 8pm

MASTERS SWIM TRAINING

Tuesdays & Thursdays

5:30am - 6:30am - 3 lanes

ADULT SWIM CLASS TRAINING

Tues & Thurs

9:30am - 10:30am 3 lanes

HS SWIM daytime hours

Mondays 10:30AM - 3:00PM

Tues - Friday 10:45AM - 3:00PM

HAST SWIM MEET DATES

please see separate calendar

SCOUT NIGHTS

Call the fitness center for limited availability

WATER AEROBICS

Mon - Fri - Deep/Shallow water training

5:30am - 6:30am water aerobics

8am - 9am Arthritis class

9am - 10am power hour

Evening classes

Mon - Thurs - Deep/Shallow water training

8pm - 9pm

SCUBA

Call the fitness center for reservations

General pool hours: MON-THUR 5am - 10pm; FRI 5am - 8pm & SAT 6am - 8pm (questions: jbyington@afcity.net)

www.afcity.org > aquatics > 801-763-3080