

	0530-0800	0800-0900	0900-1200	1230-1530	1530-1700	1715-1845
Mon	Training	maintenance	Lap swim	Swim Lessons	Lap swim	Lap swim
Tues	Training	maintenance	Lap swim	Swim Lessons	Swim Lessons	Lap swim
Wed	Training	maintenance	Lap swim	Swim Lessons	Lap swim	Lap swim
Thu	Training	maintenance	Lap swim	Swim Lessons	Swim Lessons	Lap swim
Fri	Training	maintenance	Lap swim	Lap swim	Lap swim	Lap swim
			1000-1200	1230-1600		
Sat / Sun			Lap swim	Lap swim		

Training: Pre-AST/DV candidates only

lap swim: AD, Students and civilian employees only