

# September 1 - September 30, 2023 Indoor Pool Schedule

lane	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						lane
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
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\*The pool and spa will close 15 minutes prior to a scheduled event.

\*\*Closed swim is for organized classes, approved swim lessons and water therapy.

: Aqua Fitness Classes (lane availability varies)
  : CAST Swim Team

\* See Fitness class scheduled for more infoamtion

\*Email CAST@abingdon-va.gov for more information