



Mountain Brook-Fall/Winter 2023-2024

| | Monday | | | | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | Friday | | | | | Saturday | | | | | Sunday | | | | |
|--|--------------|---|---|---|---|--------------|---|---|---|---|----------------------------------|---|---|---|---|--------------|---|---|---|---|--------------|--|---|---|---|-----------------------------|---|---|---|---|-------------------------------|---|---|---|---|
| | Lane | | | | | Lane | | | | | Lane | | | | | Lane | | | | | Lane | | | | | Lane | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| 5:00a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Pool opens at 7am Saturdays | | | | | Pool opens at 10am on Sundays | | | | |
| 5:30a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | | | | | | | | | | |
| 6:00a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | | | | | | | | | | |
| 6:30a | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Lap Swim | | | | | Master's Swim | | | | |
| 7:00a | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 7:30a | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Masters Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 8:00a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 8:30a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 9:00a | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | |
| 9:30a | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | | SL | | | | |
| 10:00a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 10:30a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 11:00a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 11:30a | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 12:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 12:30p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 1:00p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 1:30p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 2:00p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 2:30p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 3:00p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 3:30p | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | | Open Swim | | | | |
| 4:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 4:30p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 5:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 5:30p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 6:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 6:30p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 7:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
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| 8:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 8:30p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| 9:00p | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | | Lap Swim | | | | |
| Pool closes at 8:45p Monday - Thursday | | | | | | | | | | | Pool closes at 7:45pm on Fridays | | | | | | | | | | | Pool closes at 5:45pm on Saturdays and Sundays | | | | | | | | | | | | | |

KEY: Lap Swim (Dark Blue), Open Swim (Light Blue), Master's (Dark Green), Swim Lessons (Cyan)

**Please note that these designate the number of lanes allocated during each time frame, and not a specific lane location