

2025-26 Pool Times

Program	Monday	Tuesday	Wednesday	Thursday	Sunday
Wednesday ILWP U of R 10 sessions			6:30-7:10 (U of R)		
Thursday ILWP U of R 10 sessions				7:30-8:10 (U of R)	
Sunday ILWP U of R 10 sessions					1:30-2:10 (U of R)
Sunday ILWP Lawson 7 sessions					5-5:45 (Lawson)
Semi-Comp Lawson				4-5:30 (Lawson) Boys & Girls	4-5:30 (Lawson) Boys 5-6:30 (Lawson) Girls
Semi-Comp Lawson & U of R			7-8:30 (U of R) Boys & Girls		4-5:30 (Lawson) Boys 5-6:30 (Lawson) Girls
Admiral Lawson		4-5:30 (Lawson) Boys & Girls		4-5:30 (Lawson) Boys & Girls	5-6:30 (Lawson) Girls 6-7:30 (Lawson) Boys
Admiral Lawson & U of R		4-5:30 (Lawson) Boys & Girls	7-8:30 (U of R) Boys & Girls		5-6:30 (Lawson) Girls 6-7:30 (Lawson) Boys
Battleship Girls		4-5:30 (Lawson)	7-8:30 (Lawson)	4-5:30 (Lawson)	5:30-7 (Lawson)
Battleship Boys	7-8:30 (Lawson)	4-5:30 (Lawson)		4-5:30 (Lawson)	7-8:30 (Lawson)
Elite Men	7-8:30 (Lawson)	8:30-10 (Lawson)	8:30-10 (Lawson)	8:30-10 (Lawson)	
Elite Women	8:30-10 (Lawson)	8:30-10 (Lawson)	7-8:30 (Lawson)	8:30-10 (Lawson)	
CAP Women	8:30-10 (Lawson)		7-8:30 (Lawson)		
CAP Men	7-8:30 (Lawson)		8:30-10 (Lawson)		
Adult Rec					7-8:30 (Lawson)