

# Pool Schedule Effective January 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00		
7:00							
8:00	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Lap Swim	
	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	
9:00	Senior Splash	Aquacise	Senior Splash	Aquacise	Senior Splash	Crush & Squirt	
	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00- 9:30	
10:00	Senior Swim	Lap	Senior Swim	Lap	Senior Swim	Swim Lessons	
	10:00-11:00	Swim	10:00-11:00	Swim	10:00-11:00	9:45-10:30AM	
11:00	Lap Swim	10:00 AM	Lap Swim	10:00 AM	Lap	Lap/Open Swim	
	11:00 AM	to	11:00 AM	to	Swim	10:30AM	
12:00	to	1:00 PM	to	1:00 PM	11:00-1:00PM		
	1:00 PM		1:00 PM				
1:00	Twinges	Twinges	Twinges	Twinges	Twinges		lap/ open
	1:00- 1:45	1:00-1:45	1:00-1:45	1:00-1:45	1:00-1:45	TO	1:00- 4:30
2:00	Lap Swim		Lap Swim		Lap Swim		
	2:00 PM	Lap Swim	2:00 PM	Lap Swim			
3:00		2:00 PM		2:00 PM	1:00-4:00PM		
	to		to				
4:00		to		to	Open Family	4:30PM	
					Swim		
5:00	5:15 P.M.	5:45 PM	5:15 P.M.	5:45 PM	4:00 PM		
	Swim Lessons	Aquasize	Swim Lessons	Aquasize			
	5:30-6:15PM	5:45 - 6:45 Pm	5:30-6:15PM	5:45 - 6:45 Pm	to		
6:00					7:30 PM		
	Swim Lessons	Lap/ Open	Swim Lessons	Lap/Open			
7:00	6:30-7:15PM	Swim	6:30-7:15PM	Swim			
	Open Swim	6:45-8:30	Open Swim	6:45-8:30			
8:00	7:15-8:30		7:15-8:30:00				

A single lap lane will be a permanent fixture in the pool with the exception of the group exercise classes.

All activities in the pool are to finish 5 minutes prior to their ending time. This is to allow the lifeguard on duty time to set up for the next activity.

All times are subject to change with out notice.

Youth 12-15 can participant in Water Exercise classes, Only if parent or guardian is present.