

INDOOR POOL SCHEDULE MARCH-MAY 2010

CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OPENS AT 8:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 8:00AM	
9:00am-12:30pm Group Swim Lessons (\$)	8:30am-9:30am Aquacise 9:30am-12:00pm Group Swim Lessons (\$) 12:00pm-1:00pm Hydrotherapy (\$) —pool not available 1:30pm-2:30pm Arthritis Exercise (\$) <i>(shallow end)</i>	9:00am-10:00am Water Stretch 10:00am-12:00pm Group Swim Lessons (\$) 12:00pm-1:00pm Hydrotherapy (\$) —pool not available 1:00pm-2:00pm Adult Only Water Exercise 2:00pm-3:00pm Arthritis Exercise (\$) <i>(shallow end)</i> 3:30pm-4:50pm Group Swim Lessons (\$) 6:00pm-7:00pm Aquacise	8:30am-9:30am Aquacise 9:30am-12:00pm Group Swim Lessons (\$) 12:00pm-1:00pm Hydrotherapy (\$) —pool not available 1:45pm-2:45pm Group Swim Lessons (\$) 3:30pm-6:30pm Group Swim Lessons (\$)	9:00am-10:00am Water Stretch 10:00am-12:00pm Group Swim Lessons (\$) 12:00pm-1:00pm Hydrotherapy (\$) —pool not available 1:00pm-2:00pm Adult Only Water Exercise 2:00pm-3:00pm Arthritis Exercise (\$) <i>(shallow end)</i> 3:45pm-4:50pm Group Swim Lessons (\$) 6:00pm-7:00pm Aquacise	8:30am-9:30am Aquacise 9:30am-12:00pm Group Swim Lessons (\$) 12:00pm-1:00pm Hydrotherapy (\$) —pool not available	9:00am-12:30pm Group Swim Lessons (\$)	
CLOSES AT 5:45PM					CLOSES AT 5:45PM	CLOSES AT 5:45PM	
<p>Please rinse off before you swim</p>		YEAR-ROUND POOL AVAILABILITY					
		<ul style="list-style-type: none"> Swim lessons and Group Fitness classes move between the deep and shallow ends. Swimmers may use the pool as class allows. A lap lane will not be available during these times. Hydrotherapy class uses the entire pool. Pool will not be available to non-hydrotherapy class participants. Arthritis Exercise class uses the shallow end of the pool. Deep end available. 					
		(\$) Additional Fee					

OPEN SWIM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OPENS AT 8:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 8:00AM	
8:00am-9:00am Open 12:30pm-5:45pm Open	6:00am-8:30am Open (LL) 2:30pm-3:30pm Open 7:00pm-9:15pm Open (LL)	6:00am-9:00am Open (LL) 3:00pm-3:45pm Open 5:00pm-6:00pm Open 7:00pm-9:15pm Open (LL)	6:00am-8:30am Open (LL) 1:00pm-1:45pm Open 2:45pm-3:30pm Open 6:30pm-9:15pm Open (LL)	6:00am-9:00am Open (LL) 3:00pm-3:45pm Open 5:00pm-6:00pm Open 7:00pm-9:15pm Open (LL)	6:00am-8:30am Open (LL) 1:00pm-5:45pm Open (LL)	8:00am-9:00am Open (LL) 12:30pm-5:45pm Open	
CLOSES AT 5:45PM					CLOSES AT 5:45PM	CLOSES AT 5:45PM	
		<i>(LL) = Lap lane available upon request</i>					

OUTDOOR POOL SCHEDULE

MARCH-MAY 2010

LANE 1: Priority will be given to families when Rec Time is not available

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OPENS AT 8:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 8:00AM	
12:00pm-5:45pm *Rec Time <i>(lanes 5-8)</i>	9:30am-11:15am Group Swim Lessons (\$) <i>(lane 8)</i>	12:30pm-1:30pm Masters Swim (\$) 3:30pm-4:15pm **Swim Club (\$) <i>(lanes 7, 8)</i>	12:30pm-1:30pm Masters Swim (\$)	12:30pm-1:30pm Masters Swim (\$) 4:00pm-4:45pm **Swim Club (\$) <i>(lanes 7, 8)</i>	9:30am-11:15am Group Swim Lessons (\$) <i>(lane 8)</i>	12:00pm-5:45pm *Rec Time <i>(lanes 6-8)</i>	
CLOSES AT 5:45PM					CLOSES AT 5:45PM	CLOSES AT 5:45PM	
		* During Rec Time, the lanes indicated become an open swim area with no lanes.					
		(\$) Additional Fee					
		** Weather Permitting					